

COUPONS
THIS
WEEK

CHURCHES
CLASSROOMS
EDITORIAL
FURNITURE
FOOTFAIR

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Meet more new teachers

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Belle Glade Herald

Aug 29, 1985

BELLE GLADE, FL.



Back to school

It's that time of year again for area students. Above, students depart after their first day of school at Lake Shore Elementary. All Palm Beach County public schools opened Monday. Left, crossing guard Gwen Carter helps a new student at Lake Shore Elementary on Monday, August 26, the first day of school.

Juvenile faces sexual battery charges

BELLE GLADE—The child was taken to the doctor and the year old juvenile infection was confirmed Thursday, August 22, at which time the police was notified.

An investigation as to how this child got this infection was conducted to which the suspect was listed.

The 13 year old juvenile did confess to having had sexual intercourse with the victim.

The youth was sent to the Division of Youth Services in West Palm Beach to await the first appearance.

Man charged with sexual molestation

SOUTH BAY—A 39 year old South Bay man was arrested by Palm Beach County detectives last Thursday in connection with charges of three counts of sexual battery on his three daughters, which, according to court records, had been occurring for the past ten years.

Detective Cliff Simmonds said the man was placed in the county jail under a \$20,000 bond, following taped statements by the daughters.

Simmonds said the girls suffered no apparent physical injuries.

The case went in front of Judge Don T. Adams, Friday. Adams refused to accept a bond reduction, and appointed the defendant an attorney.

The name of the father was withheld to protect the identity of the girls.

Housing Improvements topic of discussion by Glades officials

BELLE GLADE—Belle Glade, Pahokee, and South Bay officials got together with Allen Schnier, County Housing and Community Development Director, to discuss housing improvements in the Glades with an expected \$5 million of county money.

"The purpose of this meeting is to ask the input from different city's as to the types of projects and synthesize it into information and put it into a plan for the county to endorse," said Belle Glade Mayor Tom Altman at the Aug. 22 Glades Area Housing Committee meeting.

In front of each official representing their respective cities was a list of eleven criteria to be used in evaluating proposals for funding, and financing alternatives which were to be discussed and adopted that evening.

A leverage factor was one of the major criteria considerations for the projects. The county money put up for the projects would be matched with private money.

Also to be criteria considered was the past track record of the developer including the proposal from the developer, a proposed description of the project, the proposed financing plan, the extent to which public funds stay in the public sector, upfront money deferred to later years to get more projects started, consideration of cost-effectiveness issues of rehabilitation versus demolition and the purchase of land should be at

continued on 3

City approves liquor store

BELLE GLADE—The Belle Glade City Commission granted Tom Bonavia's request to build a Package Liquor store in the city, much to the dismay of members of the Community United Methodist Church and the Masonic Lodge, who voiced their disapproval in the matter at the Commission meeting Monday night, August 26.

Bonavia's original request a few weeks ago of running a liquor store selling take out beer and frozen drinks was not approved by the commission. The commission's approval allows Bonavia to operate a package store without consumption of alcohol on the premises.

The property's location, the vicinity of S. Main Street and SE Avenue D, and reasoning behind another liquor store in Belle Glade, were some of the arguments presented by those who disapproved.

Some said they felt the package store was too

close to the school and also the Community United Methodist Church.

Others also said that a liquor store was out of place on Main Street.

"We've got enough of a reputation with AIDS, we don't need something on Main Street to be pushing elements around," said one citizen.

Someone else commented that it was just a place for "misdeeds" and that it would add to the cost of maintaining order in Belle Glade.

There was also a question concerning the distance of the package store by the members of the Methodist Church.

Members claimed the package store had to be at least 1000 ft. away from the church, but Mayor Tom Altman assured them the correct distance was 300 ft., which had been measured by Belle Glade Chief of Police Mike Miller.

"We're not here to uphold the fact that liquor

is good or bad. Liquor is legal and proper zoning is in place," said Bonavia. "To discuss if Belle Glade doesn't need another liquor store is not what we're here for."

After an hour discussion, Altman said that the impact surrounding the property was 'way unfair and much over exaggerated'.

"Our job is to do what is right, sometimes that's not what the majority wants," Altman added.

Commission voted 4-1 in favor of the package store.

In other matters, the commission voted 4-1 to use \$3894.54 from the Special Law Enforcement Trust Fund Expenditures to buy a special VCR system to videotape for DWI cases.

Chief Mike Miller told commission that it was a request by County Judge Don T. Adams to

continued on 3

Proposed budget in the works

SOUTH BAY—South Bay residents are facing a 1 mill tax increase as a result of the proposed budget.

At a workshop meeting on Monday night, August 26, the proposed general budget is \$948,056, up approximately \$67,000 more than last year.

Figured in with the budget is an estimated \$37,000 for mosquito control. Residents would be paying \$2 per month for the mosquito control program.

South Bay City Manager Lomax Harrelle, said that the mosquito control program was

something new this year for residents, but he thinks residents will pay the \$24 yearly fee.

Harrelle pointed out that in the past when the city had to deal with mosquito infestations, helicopters were called in to spray, and the spraying couldn't continue unless money was budgeted for it.

Also being reviewed by commissioners is a \$792,319 utility budget, as is a federal revenue-sharing budget, estimated at \$86,000, to renovate the radios being used by the Police, Fire, and Public Works, a cost totaling \$35,000. Harrelle said he hopes to modernize the radios

used by the city because this might just be the last year the city could obtain federal revenue-sharing money.

Harrelle also hopes to invest in a new trash tractor and truck for the city, just in case the city doesn't receive any revenue sharing monies next year.

Another item in the proposed budget included a 5 percent pay raise for each city employee.

Harrelle said City Finance Director Monica Bryson is requesting a \$50 increase because of her new position.

continued on 3

Evangelist speaks about AIDS

BELLE GLADE—Rev. Moody Adams, evangelist minister, came to the First Baptist Church in Belle Glade Tuesday, August 27 to speak about AIDS, an issue which has put a black mark on Belle Glade.

"I'm here to defend Belle Glade," said Adams, who asked to be made an honorary member of the Belle Glade Chamber of Commerce. "When I was being interviewed about the subject of AIDS, I would talk about San Francisco, but someone would always ask me about the AIDS in Belle Glade, Florida."

Adams said the media and liberal press were to blame for turning a black eye on Belle Glade.

He said at first, the media tried to 'smoke screen' the problem of AIDS, by stating that 'it wasn't anything to panic about.'

"Now the headlines from Life Magazine are saying 'Now no one is safe,' said Adams. Adams added that Life picked Belle Glade to

have the highest AIDS rate per capita in the nation.

"I've got news for them. This past July, 46 people died in San Francisco from AIDS. There are only 40 AIDS cases in Belle Glade," said Adams.

Homosexuality, intravenous drug users, prostitution, and mosquitoes have been considered as the carriers of AIDS, Adams said, but his theory is that the source of AIDS is traceable to homosexuality, spread through excrements and secretions.

"I take it and lay it at the feet of homosexuals rather than Belle Glade," he said, blaming also a dishonest press which protected homosexuality.

"We have a nation which preserves trees, the air and birds. It seems the nation isn't interested in preserving natural sex," he said.

Sexual promiscuity, noted Adams is the leading spread of AIDS.

"Approximately one million Americans are carrying AIDS and the cases are doubling each month," said Adams. "It takes a couple of years to kill you. We don't have a long time."

"Thou shalt not commit adultery are the five words that can stop the spread of AIDS," he added.

Adams told how AIDS fits into the Bible.

"The first chapter of Romans, which nobody has been able to understand, comes clear when related to AIDS," he said.

Adams pointed out that AIDS was the downfall of Rome in the days of Apostle Paul.

As the wrath of God was felt back then, it is felt today.

"God has just had enough," said Adams. "We have a tremendous obligation to get the gospel out for three reasons: 1) Delay can result in dead bodies, 2) The enslaved will never be free, and 3) A hardened heart can never be saved."



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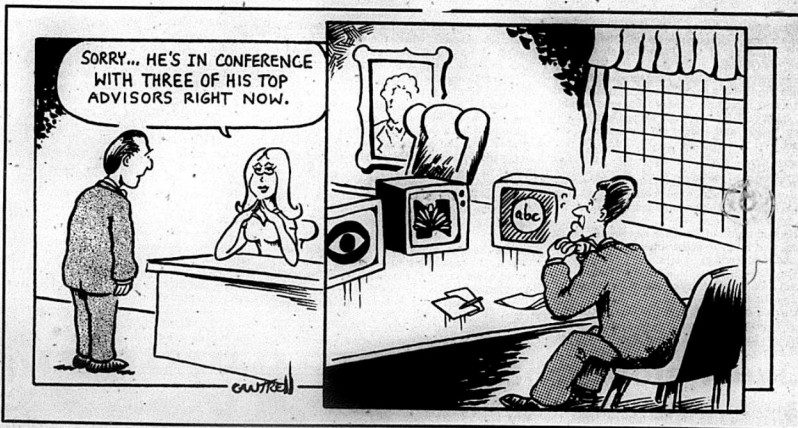
AUG. 30th

AUG. 31st



BELLE GLADE STORE ONLY

Editorial



Taking it from the top

Asking in the Lord's name

From the beginning of time man has called upon a higher being for help. Either out of superstition or fear, man has sought to talk to gods and later to a god. The Hebrew people were unique because they narrowed their worship and communication to one God, Jahweh. In our Christian belief we believe that Jahweh shows Himself as Father, Son, and Holy Spirit. Jesus Christ the Son says to us, "Ask anything of the Father. He will give it to you in my name." Does this mean that God, the Father, stands ready as a celestial messenger boy to run at our beck and call? The words of Jesus are simple but most profound. What lies behind this great declaration?

Jesus says "Ask!" To ask the proper question or to pray we must have knowledge of God, His plan and how we fit into this plan as well as what is good for us. It is important that we realize God is sovereign of the universe who has operated according to a plan which is all inclusive. This plan includes not only you and me, but also our capabilities and frailties.

At this time Jesus was telling his disciples of his forthcoming death. He also told that the Holy Spirit would come as counselor, and as one who would stand beside The Holy Spirit, serve as our guide and even give us the words

Dr. David T. Evans
Everglades
Presbyterian
Church



to speak in prayer. What are we to pray? Scattered throughout the Bible we find the elements of prayer. In Psalm 51 we find the heartfelt confession of David in which he saw the greatness of his sin that violated the home of Uriah and Bathsheba. Confession is the reaction of man coming into the presence of God—it is the expression of unworthiness. Our prayers are to be with thanksgiving (Phil. 4:6) since we have received so much from our heavenly father. In life and death we can give thanks to God, as Job does (1:21).

The first thing which we ought to do upon coming into an experience of worship (whether a church or a place of quiet communion with God), is to adore God. (Phil. 2:9-11) We will bow our knees and hearts and confess Jesus is Lord.

There are other things we can do but come as little children to ask for help. We petition God for general and specific assistance (Daniel 9:18).

Jesus says, "Ask in my name." Jesus Christ has become the mediator and advocate. He serves as go-between and conciliator of the contract which God established with us. His peo-

ple. As one who has been to the cross bearing our sins, he pleads our case before God.

When we ask in Christ's name, we acknowledge Him as the Son of God and our prayers become Trinitarian. We pray to God the Father in the name of the Son who made the sacrifice for us, and by the Holy Spirit we know for what to ask.

Finally, Jesus says we are to ask in faith. That we ask implies we believe in God. This means we trust in God's plan and God's love. Our faith at best is small, but the more we pray to God and trust in Him, the more it will grow. Remember, God has been faithful to his people for thousands of years. He is not going to change. He is faithful now, as many of us can testify. God is eager to answer our prayers (Matt. 7:7). Ask, but ask in faith. By asking, one implies that one believes that God is good and His ultimate goal is good. This is hard when tragedy strikes — these are times of testing.

Asking in faith means that we are prepared to let God answer our prayer in His own way and time. The answer may be direct, as in the case when Peter healed Dorcas (Acts 9:40). Many times the answer may be delayed to be sure we want what we ask for. Perhaps we need to search our hearts to realize we are asking for the wrong thing when God answers our prayers with a 'no.' Yet, many times our prayers come true in God's time and in a much greater way than we prayed for.

Ask in the faith of little children but with the wisdom given by the guidance of the Holy Spirit. Ask in faith in God's love shown in Jesus Christ. Ask, trusting in God's plan for us all. Ask in the name of Christ in faith.

Hits & Misses

Bill Doughty



We're everywhere

In the delightful comedy movie "Moscow on the Hudson," Robin Williams, playing a Russian defector, was heard to remark, "America is wonderful place. Everybody here from someplace else."

This seems especially true in Florida. On either coast, it's extremely hard to find native Floridians. While in the Glades it's much easier to find people who were born here, I'm still struck by the number of imports one finds.

I'm even more amazed during my travels at the continually growing number of people who I meet from my hometown of Pittsburgh.

It started the day I arrived in Clewiston last November. I was immediately introduced to Bob, the reporter for the Glades County Democrat. Bob was raised five minutes from where my mother was born. A few months later, a new reporter arrived for our LaBelle paper. Rick just happened to be from a place not more than ten minutes from where Bob and I lived.

That may seem coincidence enough right there, but wait, there's more.

Last Christmas, my mother and Bob's father shopped for our presents in the same clothing store near their respective homes. I know, because both are friends with the manager and were talking to him about their sons who worked at small weekly newspapers near Lake Okeechobee. The manager, while no doubt confused, put two and two together and realized that we worked in the same place and mentioned it to my mother.

Now it seems that Bob's father is also a mail carrier. Guess who he has on his route? None other than Rick's parents! Talk about a small world.

The saga continues. Just recently, the Clewiston Health Care Center got a new head administrator, a very nice lady by the name of Kay Cline. Well, she just happens to be from a community right near all three of our families (Bob, Rick and mine—you can't tell the players without a score card).

She doesn't know any of our families, but she did attend the same nursing school as a former girlfriend of mine.

These meetings happen at least once a month. A lot of teachers seem to have wandered down from "The Bugle" and I'm continually meeting them. Just this morning as I was taking pictures at the Clewiston Elementary School, I met a guy who lived in the town next to mine and who graduated from the same college I did.

A few months ago, one of the delivery men who pass through mention that he too was from Pittsburgh. Even one of the salesmen at the automobile dealership next store falls from very near my home.

A few weekends ago, I journeyed to Tampa to watch my beloved Steelers play the Buccaneers. I was greatly word that I would stand out like a sore thumb, that I would be a tiny speck of black and gold in a sea of orange. Not so.

My seats were smack dab in the middle of Steeler's rooting section. I felt like I was back in Chicago. There, I was surrounded by folks with Steeler paraphernalia, shirts advertising familiar (and well-visited) local taverns, as well as home brewed Iron City Beer.

"You'n's guys" better watch out, cause we're starting to band together. If steel mills start to pop up around here, you'll know the takeover has begun.

It's history now...

40 YEARS AGO
THE BELLE GLADE HERALD
AUGUST 31, 1945
Olaf Boe, of Pahokee, who had an interest in the Mathis-Boe store in Belle Glade, announced plans for a new steel and concrete block building. The site of the building was on the plot just south of the Pioneer Service Station on Main

Street.
Sgt. Irvin A. Zumpf was awarded a Certificate of Merit in recognition of conspicuously meritorious and outstanding performance of military duty as an Armorer with the 7th Armored Division.

30 YEARS AGO
THE BELLE GLADE HERALD
AUGUST 19, 1955

AUGUST 26, 1955
City Manager Robinson donated to the cause by giving to the Red Cross to aid victims on the coast who were affected by Hurricanes Connie and Diane.

20 YEARS AGO
THE BELLE GLADE HERALD
AUGUST 19, 1965
South Bay's new \$375,000 water plant went into operation that week, furnishing service to all South Bay residents.

Everything worked out fine and no problems were encountered, according to City Manager Herbert A. Craig.

Miss Louise Stacy and brothers Gene, Ralph and Wayne, children of Mr. and Mrs. J.D. Stacy of Bryant spent the afternoon with their grandmother, Mrs. K.B. Eldon and Bobby.

10 YEARS AGO
THE BELLE GLADE HERALD
AUGUST 21, 1975
Franklin Jones, chairman of the Canal Hazards Safety Committee, announced that a ground breaking ceremony for the financing of SR 80 would take place in the park adjacent to the Belle Glade Library.

Eight Glades farmers were named to the USDA celery committee. Appointed to group one were John O. Schleicher, William D. Gressinger and C.D. McClure, all of Belle Glade, and Frank J. Brady and Roy Vendegeist, Jr. both of Pahokee.

Community Calendar

THURSDAY, AUGUST 29
Christian Businessmen's Fellowship-6:30 a.m.
Belle Glade Elk's Club.
Kiwanis Club-noon. Belle Glade Motor Inn.
Alanon-7 p.m. at St. John's Episcopal Church.
Narcotics Anonymous-8 p.m. at St. John's Episcopal Church.
Belle Glade Civitan Club-7:30 p.m. Belle Glade Motor Inn.
MONDAY, SEPTEMBER 2
Alanon meeting-7 p.m. at St. John's Episcopal.
TUESDAY, SEPTEMBER 3
Belle Glade Rotary-12:10 p.m. Municipal South Bay City Commission-8 p.m.
WEDNESDAY, SEPTEMBER 4
Belle Glade Lions Club-12:15 p.m. Municipal Civic Center.



"We don't get many calls to unlock car doors since we hired him."

The Belle Glade Herald

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Wanting a home...

THIS SIX MONTH OLD MALE PUP awaits adoption at the Animal Regulation Center in Pahokee. Officers at the center said the pup is a hound mixture with a Shepherd mother. Adoption cost for the dog is \$33.50.

Fishing report

Compliments of Tennessee's Pro Guide Service

Fishing this week is a little less productive due to the weather changes, high winds and "hot hot" afternoons. But some people can catch fish in a "snow storm," including myself along with guide party of Harold Jorgensen and friend Maggie had five real nice fish up to 5 lbs. Also guide party of Mark Mikoff and John Durr had ten good solid fish up to 3½ lbs. Tommy Sellers, WFB, and Steve McKinley had some good fish to 5 lbs. on Gold Rapala. Sam and



TENNESSEE

Slim's Jack Lance and Pat have had some real decent fish this week, mostly early morning. Don Hughes and Joyce had a limit 20 fish Sunday, an hour before dark on top water lures. Specks are doing real well this time of year. Almost the same pattern as they did four years ago. Jigs in the early morning, green, yellow, red and minnows at night. I have caught close to 100 this week — all "slabs" in the ¾-to-1-lb. range. Several avid speck good luck fishing this week. same: Barry Vickery, Jim Smith, Mark Baldel and "Mother" Dorothy, John Barton and Monie. "Speckathon" is approaching, 2000 tagged fish fast, along with about 50 sponsors. Deadline is Sept. 1st. For info call 996-5357, J-Mark Fish Camp. Boating tip this week: Be sure to put the "plug" in boat before you put it in the water! Someone out there knows who I mean. Ha! Ha! Safe boating and fishing. The Beautification Committee held their first meeting of the

High death toll expected

The Florida Highway Patrol predicts that 30 lives will be lost due to traffic accidents over the 18-hour Labor Day holiday period which begins 6:00 p.m. Friday, August 30, and ends midnight Monday, September 2. Department records revealed last year's Labor Day period resulted in 21 traffic-related deaths. Of those, 12 (57 percent)

were alcohol-related. In comparison, 46 percent of all traffic accidents that occurred during 1984 were alcohol-related indicating the incidence of drinking and driving is greater during holiday periods. Additionally, 12 of the 21 people who died were under 30 years of age. Only one person was wearing a seat belt. Citizens

are requested to assist us in this effort by reporting any impaired driver they observe to the nearest Florida Highway Patrol Station or local law enforcement agency. I sincerely hope this will be a much less tragic holiday period than we anticipate," concluded Burkett.

Yule decorations for South Bay

Buying Christmas decorations for South Bay is the first project planned by the South Bay Beautification Committee. Local businesses and people are being asked to donate to the Christmas decoration

fund. The decorations will be put up in the center of town. Present at the meeting were Dorothy Davis, chairperson, Betty Boyer, vice chairperson, Virginia Walker, secretary/treasurer, Iris Tanner, and Linda Cone. Anyone interested in donating to the Christmas fund, call Christmas Walker at South Bay City Hall.

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N

Miami Dolphins vs Atlanta Falcons	Friday Program 7:30 pm Kick-off 8:00 pm
Florida State Seminoles vs Tulane University	Saturday, August 31 Kick-off 12:05, Airtime 12:45
COUNTRYLAND FM 93.5 Belle Glade, FL	



EMPLOYEES of the Glades Health Care Center invited the public to a luau last Friday night, August 23.

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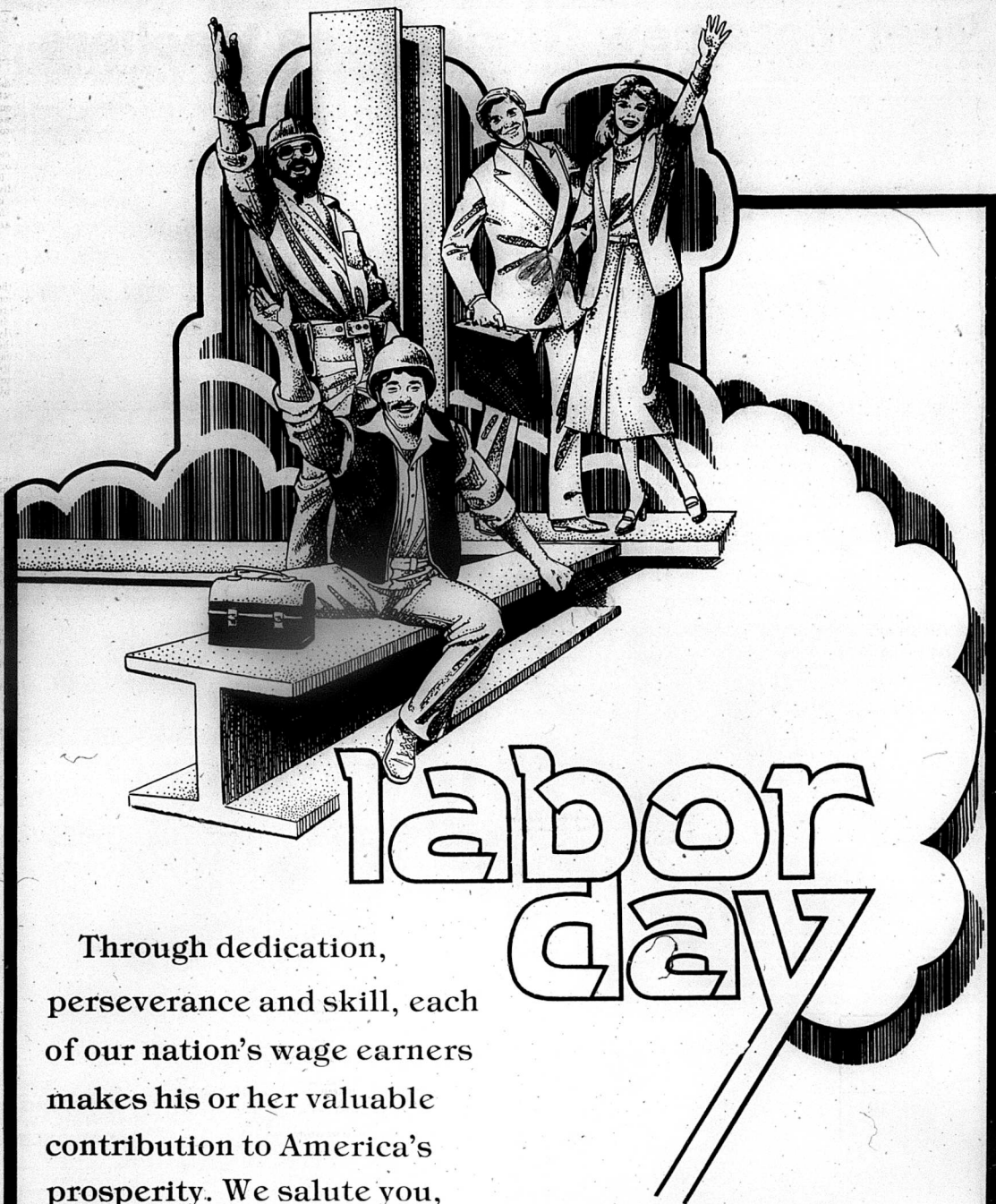
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Meet more new Glades area teachers



GLADES CENTRAL High School new teachers are shown from left with Principal Effie Greer. Jack Colobro will be the new physical education teacher, Luzanne Johnston, art, Deborah Williams, English, Eugene Mildon, high school vocal music, Hugh Tyndall, industrial arts, and Vera Garcia, assistant principal.



LAKE SHORE MIDDLE School has Moore, eighth grade language arts three new teachers: From left is teacher and Kerry Moore, science Betty Ann Lindner, seventh grade teacher for the seventh grade language arts teacher, Lynne students.



ST. PETER'S LUTHERAN School has three new teachers. From left is third and fourth grade teachers Kim Labine, the teacher of the three-year-old class, Wanda Cheek, and first and second grade teacher Katie Tucker.



LAKE SHORE ELEMEN-TARY new staff members include from left, Principal Gary Hagermann, Barbara Williams, pre-kindergarten, Virginia Lynn, art teacher, and pre-kindergarten teachers Margaret Irvin, Johnnie Hankerson, and not pictured, Susan Hill.

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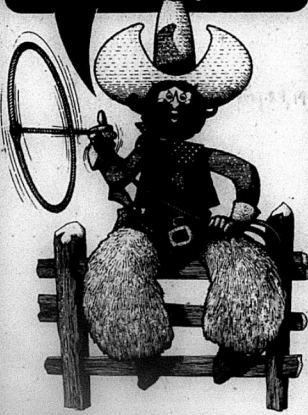
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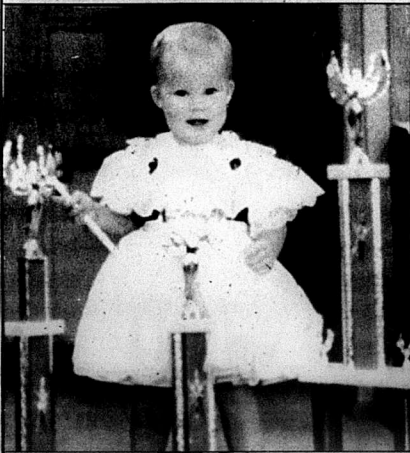
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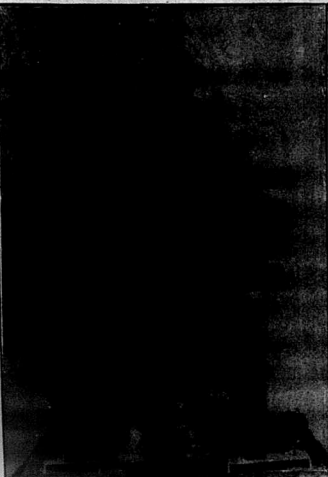
CORRECTIONS:
No credit will be
given for errors in
classified ads which
run for more than
one week unless we
are notified by NOON
of the Monday
following publication

Society

Starburst contest winners...



BRITNI HERRICK



SUMMER MILLER



EDWARD AND ELIZABETH FINCANNON

Belle Glade Britni Herrick, 17 month old daughter of Jeff and Carol Herick of Belle Glade, traveled to Atlanta, Ga. to compete in the Sunburst U.S.A. ad Canada Beauty pageant 1985 International finals Aug. 18, 19, and 20.

There were 75 toddlers in this age division from all over the United States and Canada. Britni was awarded the fourth runner-up title. She also competed in the photogenic category and was awarded third runner-up. With her fourth and third place trophies, she was given a national final trophy, a Sunburst pet and a doll.

Britni is the granddaughter of Mr. and Mrs. T.L. Corbett of Belle Glade, Mr. and Mrs. Jack Herick of Pahokee, Mr. and Mrs. Pat Kennedy of Pahokee.

Summer Miller, daughter of Allen and Shelly Miller, traveled to Atlanta, Georgia, last week to compete in the Sunburst USA International Beauty Pageant. The contest was held at the Atlanta Airport Marriott, on August 18-21.

Fifty-four two-year-old contestants from all over the US and Canada competed for the title of Sunburst Little Queen. Summer was chosen as one of the top ten finalists. Her prizes included an international top ten trophy, a doll, and a participation trophy. Grandparents are Mr. and Mrs. Artie Shireman of Belle Glade and Mr. and Mrs. Louis Miller of South Bay, Ed-

ward and Elizabeth Fincannon recently competed in the Sunburst Beauty Pageant 1985 International Finals in Atlanta, Georgia, August 18, 19 and 20. Thanks to the tremendous support of family, friends and

local businesses, Eddie and Beth received the "Golden Boy" and "Golden Girl" titles for their numerous ad pages (21 in all) and were featured in the center of the Sunburst cataloge.

Twenty-seven month old Elizabeth competed in the two-year-old category. She won the first place title of "1985 Sunburst International Photogenic Queen" and won the "Best Personality" ti-



HARRY O'NEAL-JOYCE MURPHY

Murphy-O'Neal to wed

John R. Murphy of Lakeland, Florida, and Elsa H. Sanders of Milledgeville, Georgia, announce the engagement of their daughter, Joyce, to Harry O'Neal Walker, son of O'Neal and Esther Walker of South Bay.

The wedding will take place October 12 in the Atlanta Temple of the Church of Jesus Christ of Latter-Day Saints. The bride-elect is the granddaughter of the late Mr. and Mrs. E.M. Henderson of Milledgeville, and the late Mr. and Mrs. E.V. Murphy of Lakeland.

Joyce is a 1982 graduate of Baldwin High School in Milledgeville, received an associate degree in home management and family economics from Ricks College in Rexburg, Idaho. She now attends the University of Georgia in Athens, Georgia.

Harry O. is a 1978 graduate of Glades Day High School in Belle Glade, received an associate degree in marketing management from Palm Beach Junior College, Belle Glade campus, and attended Florida State University before serving an 18-month mission for the Church of Jesus Christ of Latter-Day Saints (Mormon) in the Spokane, in Athens, Georgia.

Washington, mission. He is, presently employed as a foreman for the Front-Runner Construction Company in the Spokane, in Athens, Georgia.

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WEATHER REPORT

Date	Max	Min	RF
Aug. 20, Tuesday	92	70	.12
Aug. 21, Wednesday	95	71	.04
Aug. 22, Thursday	92	71	.00
Aug. 23, Friday	94	71	.00
Aug. 24, Saturday	91	72	.00
Aug. 25, Sunday	94	73	.00
Aug. 26, Monday	92	71	.64

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Friday Night & Every Friday Night
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ROGER ALAN WADE
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Happy Hour - Mon. - Fri.
5 - 7 p.m. Hors d'oeuvres
Wednesday Night
"LADIES NIGHT"
Drinks 50¢ 9 p.m.

ALOOON
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Belle Glade

Garden club to meet
The meeting will be and the Chosen Garden Club are invited to attend and bring a covered dish. The meeting will be the featured guest speaker for the event.

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New pastor at Alliance Church

BELLE GLADE The Belle Glade Alliance Church has a new pastor. Rev. Jerry L. Brown has taken over the ministry of the church.

Rev. Brown pastored the Ft. Pierce Alliance Church for six years before coming to the Glades. He and his wife Jan have two children, seven year old Russell and 12 year old Amy.

The Browns have been at the Belle Glade Alliance Church for approximately four weeks. Before pastoring the Ft. Pierce church, Rev. Brown said he was an assistant pastor in Atlanta, Ga.

He said his father was a minister and he has been in church work all of his life. He enjoys music and plans to take an active part in the church music.

Rev. Brown is a graduate of Bob Jones University in Greenville, South Carolina.

He said he enjoys the Belle Glade area and likes the people. He said he sees a lot of good possibilities here for growth.

The Belle Glade Alliance Church is located at 425 East Canal Street North. Sunday School starts at 9:45 a.m. and Morning Worship at 11 a.m. The Sunday evening services start at 7:30 p.m. and Wednesday service is at 7:30 p.m.

Rev. Brown said he is looking forward to meeting the people of the community. He cordially invites everyone to attend the church services.

Bloodbank times

The Palm Beach Blood Bank Bloodmobile will be welcoming donors on Thursday, Sept. 5 at A. Duda and Sons, Duda Road, Belle Glade from 11 a.m. to 5 p.m.



THE NEW PASTOR at the Belle Glade Alliance Church, Rev. Jerry Brown, church sanctuary with his wife, Jan, invites the community to attend the

Dolly Hand opens new season

BELLE GLADE The Dolly Hand Cultural Arts Center is pleased to announce their 1985 fall series, entitled "Take Note!"

Kicking off the season, on Thursday, September 12, will be singer Gary Morris. Morris, who was named Male Vocalist of the Year in 1984, will be singing songs such as "Baby Bye Bye".

"Lasso the Moon", "Second Hand Heart", and also "The Wind Beneath My Wings", which was honored as the Song of the Year.

On October 12, The Suncoast Chorus from Miami, Florida, which won first place in the 1984 Florida Chorus Competition, will present a program of four-part harmony, barbershop style.

A collection of Nat King Cole selections.

Two weeks later, on October 24, The United States Air Force Reserve Band, will be playing a variety of tunes from Bach to Top 40 to such patriotic songs including "Stars and Stripes Forever".

Also featured that evening is a special bagpipe unit of the Air Force garbed in traditional

Scottish uniforms and a 7 piece combo playing New Orleans jazz.

The Hippodrome, the State Professional Theatre out of Gainesville, will be presenting "The Middle Ages", a fast moving comical play written by A.R. Gurney, Jr. from 1946 to the present day and age.

The fall season will close on Wednesday, December 18, with the famous Charles Dickens Christmas tale, "A Christmas Carol".

Series tickets for this great season are \$40 per reserved seat and can be purchased up until the Gary Morris performance.

For more information, contact Judy Schiele at 996-3055.

Telethon for MD set

BELLE GLADE The annual Labor Day Muscular Dystrophy Telethon will again be handled locally by the Kiwanis Club of the Glades.

The two day event will start at 8 p.m. on Sunday, September 1 and go until midnight. The Kiwanis Club members will again man the telephones from 8 a.m. to 6 p.m. on Labor Day, September 2.

Pledges should be called to 996-6576, the Quaker Oats Company in Belle Glade. The event is being coordinated by Kiwanis Club members Bob Hendrix and Terry Lino.



THE LABOR DAY telethon to help raise funds to fight Muscular Dystrophy is being put on locally by the Kiwanis Club of the Glades. Shown is

telethon chairman Bob Hendrix. Call 996-6576 to make your pledge.



WE'RE LOOKING OUT FOR MORE THAN JUST YOUR ELECTRICITY.

FPL introduces Radio Watch. It's similar to most neighborhood crime watch programs but has the added advantage of utilizing FPL resources.

All FPL's 3,000 radio dispatched vehicles are on the lookout for crime, suspicious activity, accidents and emergencies.

Our drivers have been specially trained, in cooperation with local police departments, to observe and report. Obviously, they have no police power but will function as an extra 3,000 pairs of eyes to aid you.

At FPL we believe that crime is everybody's concern. And since we're part of "everybody", we want to do what we can.



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Please send me free information about your tax preparation course.

Name

Address

City State Zip

Phone

Family Dollar store to open in Belle Glade next week

CHARLOTTE, NC — The 64th Family Dollar store in Florida and the 931st in the fast-growing North Carolina based discount store chain will open in Belle Glade, Thursday, September 5.

The new store, located in Glades

Plaza, 551 SW 16th St., will open at 10 a.m. Local officials and Family Dollar executives will take part in a ribbon cutting ceremony at the main entrance to the store immediately before the opening. The company expects a large crowd to attend the ribbon

cutting and take advantage of the special Grand Opening sale prices afterward. Jim Seagraves, senior vice president of Store Operations, said, "Family Dollar looks forward to locating in Belle Glade and being part of a fine business market." Jim Griffin,

the firm's district manager for the area, said, "Family Dollar offers excellent employment opportunities in this area and throughout the 20 states in which our stores are located. As many local people as possible will be employed at the new

store," Griffin added that Family Dollar is a rapidly expanding company and always interested in talking with management trainee candidates. The store will carry a complete line of merchandise for the family and home, including clothing and shoes,

health and beauty aids, housewares, school supplies, candy, toys, paint and auto supplies. Family Dollar was founded in 1959 with a single store in Charlotte, NC, and today has more than 5,964,263 square feet of total sales space in

the chain's 931 stores. The company presently operates in the two Carolinas and located in Georgia, Mississippi, Alabama, Florida, Tennessee, Virginia, West Virginia, Maryland, Arkansas, Louisiana, Kentucky, Delaware, New Jersey, Pennsylvania, Ohio, Indiana, Missouri and Texas. The general offices and distribution center are located in Charlotte.

Family Dollar Stores, Inc., is a publically held company with common stock traded on the New York Stock Exchange under the symbol "FD".

New tactics tried to rid Florida of fruit flies

Biological warfare—the newest weapon against the Mediterranean fruit fly according to Dade County officials.

Millions of sterile male flies hatched at a \$1.2 million, began in government lab in Hawaii were released several weeks after a over part of an female medfly was discovered in northern Dade County February. An infestation was declared after two males were discovered in April.

The medfly destroys the fruit by burrowing into the skin and laying its eggs, which causes news conference that the fruit to rot.

The successful dropping of 271.75 million males flies from May 7 to July 16, in addition with the limited spraying of the pesticide Malathion, has signaled a move away from chemicals as much as possible.

The Agricultural Committee is continuing to seek new ways in which to destroy the fruit from the previous pest. Biological controls seem to be improving.

tant tools in the effort to safeguard Florida's agricultural interest.

The latest eradication program, which cost the state and federal government

in the North Miami area, was declared after two males were discovered in April.

The medfly destroys the fruit by burrowing into the skin and laying its eggs, which causes news conference that the fruit to rot.

Agricultural officials hope that the female medflies will be attracted to the sterile males instead of the fertile ones and won't produce offspring.

The U.S. Department of Agriculture announced that the latest infestation has ended and that the quarantine on shipments of fruit from the previous pest-infested area are



ALONG WITH THE hot days of summer, plants, as well as people, get a chance to cool off.

PB County lunch menu

Monday	Virginia.	macaroni & cheese and corn-baked, pizza Italian.
HOLIDAY	"Plenty a Pasta Salad Bar"	"Pack a Pocket Salad Bar"
Tuesday	(Choose 2) corn, cabbage, golden french fries, crispy lettuce and tomato, chilled fruit, chilled juice.	(Choose 2) seasoned green beans, golden french fries, garden salad, chilled fruit, chilled juice.
Wednesday	Spaghetti with meat sauce and garlic bread. The Big Smoked Sausage with	Thursday
Thursday	Chicken with hot buttered roll, corn dog.	"Greater Tater 'n' Salad Bar"
Friday	(Choose 2) mashed potatoes, baked, golden french fries, crispy lettuce and tomato, chilled fruit, chilled juice.	(Choose 2) sweet potatoes, OR golden french fries, seasoned peas, garden salad, chilled fruit, chilled juice.
Saturday	Whole milk or 1 percent low fat milk is served to elementary students. Milk or milkshakes are available to secondary students.	Friday
Sunday	Tuna noodle casserole. Hamburger on a bun.	"Build a Better Burger Bar"
Monday	(Choose 2) french fries, OR golden french fries, seasoned peas, garden salad, chilled fruit, chilled juice.	(Choose 2) french fries, OR golden french fries, seasoned peas, garden salad, chilled fruit, chilled juice.

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Brakes Squealing???
Grinding Noise???

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Your hometown newspaper

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You Deserve The Best!

Carter

Chevrolet-Olds
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Special!... 7.7% FINANCING

AVAILABLE ON C10 & 3/4 TON PICK-UPS

12,000 Mile c
12 Months Warranty Available.

Your Key To The Best Deal In The Glades...

SPECIAL... BRAND NEW 1985's... Chevrolet-Olds

General Sales Manager

CHEVY Caprice

ANTON MANLEY Salesman

88 Olds

JOHN SKRUGGS Salesman

1985 Olds

MITCHELL KIRK Salesman

About work at home kits

Question: I saw an ad this week in our local newspaper about making extra money at home by addressing envelopes. It said all I'd need to do was purchase a small kit containing the necessary supplies and in no time I'd be making up to \$200 a week in the comfort of my own living room. Is this for real?

Answer: What you saw was a come-on for a "work-at-home scheme" and your best bet would be to ignore the claims of easy profit. Many companies after you times the only easy profit is made by the company which sells the innocent people kits promoted in the sales pitch.

A typical scheme works like this: the company solicits employees' through newspaper ads which claim a Better Business something-for-(almost) nothing return on your money.

You can buy a kit for addressing envelopes, or for stuffing envelopes (even the nontypists aren't immune) or at Christmas time decorating envelopes, etc.

After you buy your kit, you either never hear from the company again, or you get your kit with instructions on how to use it for profit.

Many times the profit is merely a veiled pyramid scheme. What these companies are really doing is selling you a way to do to others what they have just done to you.

In another type of scheme a New York promoter offered to set up his customers in a business from their own mail order business from the comfort of their homes. For investments averaging several hundred dollars, they received a supply of "proven" circulars advertising one of the promoter's books (on how to set up an apartment business and how to average envelopes, and a "guaranteed" list of mail order buyers. The promoter claimed all the housework had to do was stuff the circulars in the envelopes, affix the preaddressed labels, and wait for the money to roll in. He guaranteed his victims,

many of them elderly and retired, that they would earn a minimum of \$1,000 within 30 days by using his circular and list. But the money never did roll in and most of his victims made only a handful of sales and lost virtually everything they had put into the venture. (This promoter was caught, found guilty of 34 counts of mail fraud, and sentenced to three years in prison and five years probation.)

In some cases, you will receive materials to be sold back to the company after you decorate or assemble them. Other victims send money to be "registered" for sewing small items such as baby booties and aprons only to subsequently be told that their sewing is "not up to standard."

According to the Better Business Bureau, this part of the scheme — nothing is ever "up to standard" and these victims are left to dispose of their booties and aprons any way they can.

The best way to avoid being taken or taken advantage of, is simply: don't fall for it. Even if you do hear from the company, even if you send a kit which tells you how to perform a "service," even if they do promise to buy back whatever it is you produce, your workmanship will be found "unsatisfactory" and you will be stuck twice.

Although reluctant to label all such promotions fraudulent, the US Postal Service says it has yet to find a legitimate envelope addressing offer. Envelope addressing is by far the most common type of operation that has come to the postal authorities' attention.

For detailed information on this gimmick (average business), write or call for the free factsheet "Work-at-Home Schemes." Department of Agriculture and Consumer Services, Division of Consumer Services, Mayo Building, Tallahassee, Florida 32301. Toll free hotline is 1-800-942-2176.

Dr. V.S. Sundaram, M.D.

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OM QUALITY SERVICE PARTS

Se Habla Espanol

COME VISIT OUR EXCELLENT USED CAR INVENTORY

Se Habla Espanol

Mr. Goodwrench

New Physicians open offices

Two new physicians announce the opening of offices in Belle Glade, adding to the list of medical specialists available to residents of the Glades. Edward H. Becker, MD, has opened an office in the Memorial Wing of Glades General Hospital, 1201 S. Main St., for the practice of adult and pediatric urology and prosthetics. He comes to Belle Glade from Jacksonville where he was a member of the staff of University Hospital, an affiliate of the University of Florida.

Y.S. Sundaram, MD, has announced the opening of an office in the Memorial Wing for the treatment of ear, nose, throat, head and neck problems. He was previously a member of the staff of Lenox Hill Hospital in New York City, where he was a senior fellow in otolaryngology.

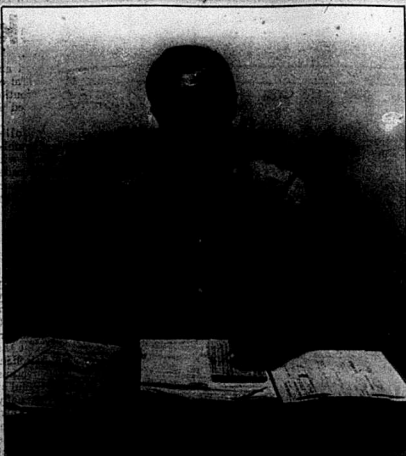
Becker is the first physician to bring to Glades General the capability of performing penile implants in the treatment of male impotence. A relatively new development in medical technology, an implant — or prosthesis, as it is called — can enable a man suffering from organic impotence to resume sexual intercourse.

Organic impotence, Becker explained, is the inability to achieve an erection due to disease or physical disability. The condition is usually associated with cardiovascular and neurological diseases and diabetes.

Through the use of a bronchoscope, Sundaram will be able to screen for early signs of cancer so preventive measures can be taken.

Office hours for Drs. Becker and Sundaram are 9 a.m. to 5 p.m., Monday through Fri-

day. To make an appointment with Dr. Sundaram, call (305) 996-7016. For Dr. Becker, call (305) 996-8017.



ATTORNEY STEVE DUHL has opened his law practice in the Group Plaza, 607 South Main Street.

Duhl opens practice

BELLE GLADE Attorney Steve Duhl has opened his law practice in the Group Plaza, 607 South Main Street, Belle Glade.

Duhl is a member of the American Bar Association, the Association of Trial Lawyers of America and the Florida Bar Association.

He was the Assistant Public Defender at the Glades County House for a year and the Chief Assistant Public Defender for six months.

Originally from New York, Duhl said he likes the Glades area and the people. He went to school in New York and attended the University of Florida Law School, where he graduated with honors. He has worked as a law clerk for a personal injury lawyer in Gainesville and was a law clerk for a major New York law firm "Debevoise and Plimpton" while attending law school. He was in private

practice in Palm Beach with the firm of Levy, Shapiro, Knee and Kingcade. Duhl specializes in personal injury, divorce, criminal law, bankruptcy and general practice. His legal secretary is Jill Baughman of Pahokee. The office will be open from 9 a.m. to 5:30 p.m. and evenings and Saturdays by appointment. The telephone numbers to call are 996-1984 or 996-1985.

Bank of Pahokee closed on Labor Day

"Monday, Sept. 2, is a day each of us should be reminded of the important contributions each of us makes with our daily labor," commented Julius T. Moon, president of the Bank of Pahokee.

The Bank of Pahokee will observe Monday, Sept. 2, Labor Day, as a holiday and no business will be conducted at the bank's two locations at Belle Glade and Pahokee.

The Bank of Pahokee, Palm Beach County's oldest bank, has offices at 800 S. Main St. in Belle Glade and 104 S. Lake Ave. in Pahokee. Both offices provide 24-hour automatic teller service to customers needing banking services, including cash, during the holiday.

Recycling aluminum to help missing kids

South Florida residents from Stuart to Key West can support efforts of the Adam Walsh Center to help missing and abused children by recycling aluminum beverage cans during September.

Throughout the month Reynolds Aluminum Recycling Company will donate one penny per pound to the Center for all aluminum recycled at its 20 South Florida locations.

The Adam Walsh Center is a resource center offering numerous services including implementation of child fingerprinting programs, missing children poster distribution, child awareness programs, court monitoring services and lobbying for passage of additional child protection laws. "The Center relies heavily on private donations to continue its efforts," explains

Denny Abbott, director of the Adam Walsh Child Resource Center. He adds, "We're grateful for programs such as this which help raise much needed funds and increase community awareness of the missing children problem."

Belle Glade residents can take part in this promotion by bringing their recyclable aluminum to the Reynolds Convenience Center located at the corner of 9th St. and N. Canal St. The recycling center is open every Tuesday through Saturday from 9:30 a.m. to 12:30 p.m.

"The South Florida region recycles hundreds of thousands of pounds each month," explains Norvin Isenberg, South Florida business manager for Reynolds Aluminum Recycling Company. "We expect to make a donation between \$3,000-\$5,000."

Residents may donate the 20-25 cents per pound to the Center or keep it for themselves. Either way they're helping the Adam Walsh Resource Center to help missing and abused children.

In addition to the donations Reynolds is also displaying posters of missing children throughout all South Florida buying locations for at least one year. Reynolds reaches an estimated 10,000 persons per month.

TOTAL PATIENT CARE FOR ALCOHOLISM & DRUG ADDICTIONS.

Center for Recovery,
at JFK Memorial Hospital

In this comfortable and attractive hospital unit, professional comprehensive treatment is structured to meet individual needs.

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For further information call Atlanta (404) 433-3602

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GRAND OPENING

Lake Drive-In Swap Shop

North of Belle Glade on U.S. 441

Saturday, August 31st

Gates Open to Public at 7:00 a.m.

Vendors Interested Call 924-5765

Monday - Friday 8:30 - 11:30 a.m.

Carpet & Vinyl

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COR. SOUTHERN BLVD & JOG

PUBLIC NOTICE

A budget hearing will be held on Monday, September 9, 1985 for all interested citizens of the City of Belle Glade. The following budget is proposed for fiscal year 1985-1986.

CATEGORY	TOTAL OF ALL FUNDS	REVENUE SHARING FUND
Social Services	\$ 4,000.00	\$ 4,650.00
Environmental Protection	4,719,626.00	23,000.00
Public Transportation	482,116.00	-
Waste Collection	745,353.00	-
Health	71,068.00	-
Laboratory	141,070.00	50,000.00
Public Safety	2,660,670.00	166,875.00
General Government	10,170,102.00	244,328.00

The meeting will be held in the Meeting Hall for the purpose of discussion of the proposed budget at 8:00 P.M. The proposed budget may be examined on weekdays at the City Hall between 8:00 A.M. and 5:00 P.M. All interested citizens will have the opportunity to give written and oral comment. Senior citizens are encouraged to attend and comment.

CITY OF BELLE GLADE

June H. Boglioli
City Clerk

TAKE NOTE!

Dolly Hand

Cultural Arts Center

September 12
Gary Morris
\$15.00

October 12
SWEET ADELINES
Suncoast Chapter \$10.00

November 14
Hippodrome State Theater presents
"MIDDLE AGES" \$10.00

October 24
THE BAND OF THE AIR FORCE RESERVE
Free

December 18
A CHRISTMAS CAROL
\$12.00 adult
\$8.00 children

FALL SERIES 1985

Series Tickets Includes 5 Performances. Call Judy Schiele, Director for Reservations, 996-3055

Time Out

For Travel

by Tina Rongione

The Cruise Revolution

Travelers everywhere are discovering the magic of multicourse meals followed by block-long midnight buffets. They are enjoying 24-hour room service, high tea, mornings by the pool and afternoon naps. They love the saunas and spas, rum punch at sunset, skeet shooting, deck tennis, dancing until dawn, glaciers by moonlight and beaches that glitter in the sun. The cruise vacation has become so popular that it has spawned an explosion of new cruise ships. In the next few years, 10,000 berths will have been added to the present fleet. Never in recent history have so many European and American shipbuilders been so busy. The cruise vacation has become so popular that cruise lines are calling it the "cruise revolution."

There is simply nothing as relaxing or as glamorous as a cruise. Come in to **GLADES TRAVEL SERVICE**, and let us show you about some of our terrific cruises to everywhere from the Caribbean to the South Seas. There's never a charge for ticketing or consultation. We're at 141 So. Main St., Suite 101. Hours: M-F, 9-5. Phone 996-4146. Member: TravelSovers Assoc., A.S.T.A. and P.A.T.A. Cruises are leisurely. But for the active traveler, book your ski reservations now.

HINT: Try to plan to cruise to coincide with a full moon.

Center offers parent-child counseling

Do your kids get on your nerves?
Do you often yell at your kids?
Do your kids fight a lot?
Do you wish your kids would mind you easier?

We know raising kids is not easy and would like to have you come to our group for some ideas and support on being a parent!

If your children are between the ages of 2 through 12 then bring them with you! Our program is for them too!

Who attends: Mom and/or Dad and Children. Where we meet: Moore Haven Elementary School.

Day and time of meeting: Mondays - 6:30 - 8:30 p.m.

Dates of Meeting: September 16, 1985 through October 21, 1985 (We hope you can attend all 6 weeks)

Cost: No Cost.

To sign up or get more information: Pat Hilliard, School Nurse - 946-0707, Baby Yock, Public Health Dept. - 946-0707, Hendry/Glades Mental Health Center - 675-1799, Clewiston 983-7594.

This program is funded by the Department of Health and Rehabilitative Services, State of Florida, and is being offered in several Southwest Florida counties free to parents and children.

Play CRAZY CASH Play

Watch for Details

Winning Money Has Never Been Easier!

Only in the **EVERGLADES** Buyer's Guide

Classified Advertising

Announcements

\$5 NEED CASH? \$5 I buy old guns and coins. After 6 p.m. 813-966-7413. 101, 8/20

JERRY BUYS most anything of value, also appliances. Call 813-946-2045. 101, 8/20

SWAP SHOP coming soon to the Drive-in North of Belle Glade on U.S. 441. For information call 305-924-5785 Mon. - Fri. 8:30 - 11:30 a.m. 101, 8/20

NOTICE to Robert Florence. Please contact 54 Garcia, Florida Rural Legal Services Inc. 305-994-5266 at your earliest convenience. 101, 8/20

TO WHOM IT MAY CONCERN. I, Roger Lee Matley, am not responsible for any debts incurred by Shirley Ann Matley. 101, 8/20

102 LOST & FOUND

LOST. Male Beagle puppy wearing a blue nylon collar. Nobles Road area. Reward. 813-475-2329. 102, 8/20

103 PERSONALS

LOOKING for female room share \$100 per month and hot utilities. Call 310, 813-675-5990 Tuesday through Saturday, 10 a.m. - 4 p.m. 102, 8/20

Employment Help Wanted

CARRIER WANTED. We have a wholesale route available in the Clewiston area plus one delivery and one evening home delivery route. Party selected will be required to furnish bond and have dependable transportation. For more information, call collect, 305-956-6731 between 8 a.m. & 5 p.m. Ask for Mrs. York. 201, 12/12/85

HELP!!

We now have 6 positions available for serious minded persons who enjoy working with people and would like to earn \$200 - \$2,000 wk. Call James between 8-11 a.m. 996-4077

MANAGEMENT TRAINERS

STEP UP IT SUCCESS

The fastest growing business segment in the world today is in step up to the next level in retail management.

How far you go with this company depends entirely on you. It is up to you to contribute to our continued success.

It is up to you to contribute to our continued success. It is up to you to contribute to our continued success.

Qualified candidates must be able to train and manage a team of sales associates. For more information, call collect, 305-966-7196.

Call JOELLEN ADAMS at 305-966-7196.

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BRIGHT BEGINNER

proven business method, provide a fantastic down to earth, real life experience for you. \$300 earnings potential. Immediate openings for qualified applicants. Call 305-996-5433. E.O.E. 201, 8/14/85

ASSISTANT MANAGER opportunity to earn \$300 per week to start. Experienced assistant managers have opportunity to earn \$300,000 per year and above. Many company benefits, car helpful. Apply 145 U.S. Highway 27 South, South Bay, Florida 10 a.m. - 11 a.m. sharp. E.O.E. 201, 8/14/85

Hiring - Proven business method, provide a fantastic down to earth, real life experience for you. \$300 earnings potential. Immediate openings for qualified applicants. Call 305-996-5433. E.O.E. 201, 8/14/85

GOVERNMENT Jobs - \$16,400 - \$59,230 yr. No hiring - National. Call 805-487-4000 Ext. 8-3000 for current federal list. 201, 9/1/85

WANTED - Farm mechanic knowledgeable in all types of engines, energetic, self-motivated, good benefits. Send resume, past work experience & references to P.O. Box V, Belle Glade, FL 33430. 201, 8/14/85

CURTIS MATHEWS needs aggressive salesperson for dental products. Call 813-675-5990 Tuesday through Saturday, 10 a.m. - 4 p.m. 102, 8/20

RESEARCH needed to conduct market field surveys. Call or mail to interested parties at 1-800-521-4300. 201, 9/1/85

WANTED - CUSTODIAN. Groundskeeper at CMS. Apply in person 8 a.m. - 4 p.m. 201, 8/14/85

PHYSICAL THERAPIST. Contract company has hospital openings for physical therapist in Hollywood and Key West, FL. Excellent salary and benefits with sign-up bonus. Call 1-800-422-7401. Joann Miller, Personnel. E.O.E. 201, 9/1/85

TELLER/CUSTOMER SERVICE consultant. Excellent career opportunity. Typing 35 wpm, cashing, experience, sales ability and above average communication skills. Offer professional growth and outstanding benefits. Apply at Peoples Federal Savings & Loan, Clewiston Branch, 400 Sugarland Blvd. M-F 10-5. 201, 8/14/85

PORT LABELLE Inc. is now accepting applications for experienced women. Apply in person. 1 Oxbow Drive, Port Labelle, FL 33955. 203, 9/1/85

206 PART-TIME

NEWSPAPER CARRIER. good money, short hours, established route. Must have own transportation. Palmetto-Coral Point area. Call collect, Charles Brown 305-924-2176. 206, 8/14/85

203 RESTAURANT AND CLUBS

PORT LABELLE Inc. is now accepting applications for experienced women. Apply in person. 1 Oxbow Drive, Port Labelle, FL 33955. 203, 9/1/85

201 OFFICE WORK

WANTED. Office secretary. Prefer someone with insurance experience. 305-996-2071. 202, 9/1/85

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301 PROFESSIONAL

WILL DO SEWING in my home. Clothes, curtains, alterations. Call 305-996-8421. 201, 8/20

302 GENERAL

DOES YOUR HOME OR TRAILER need a bath? or new point job? For free estimate call 813-983-2869. 302, 1/7/85

NEED TREE WORK DONE? Call Buddy Ramsey 924-7649 or Alvin Glus 996-7789 for free estimates. 302, 5/3/85

MAINTENANCE - transportation, tools, seeks employment. Part or full time. Backford 813-985-5389. 302, 9/1/85

DEPENDABLE lady will do housekeeping and babysitting nights. 813-983-5282. 302, 8/20/85

Call A Professional

Crochet Class 5 week course \$20. **Flower Crafts** \$75-4565. 201, 8/20/85

PAINTING & PRESSURE Cleaning. 983-9496 and (305) 996-8818. Licensed. 4, 9/1/85

PASSEPORT PHOTOS by Tony. Two for \$16.00. Glades Restaurant. 813-983-7118. 4, 8/14/85

HOME AND MOBILE HOME Repairs. Floors, windows, screens, carpentry. Pressure cleaning. 813-475-5918. 4, 10/10/85

202 OFFICE WORK

WANTED. Office secretary. Prefer someone with insurance experience. 305-996-2071. 202, 9/1/85

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LOOKING FOR a good home for those puppies? The classifieds can help!

601 PETS FOR SALE

PAT SCHWARTZ'S Exotic Bird Farm. "Home of pampered feathered companions." Baby finches and parakeets, hand fed baby cockatiels, exotic Australian and rump parakeets and others. Bird cages, seeds and supplies. 813-475-4542. 601, 6/26/85

REGISTERED Laboratory Raters. 2 females. \$75. 813-946-0953. 601, 8/20/85

603 FREE PETS

FREE TO good home. Male bird dog. Five years old. Not trained to hunt. Excellent with children. 305-996-4990 or 305-793-3390. Harry Davis. 603, 8/20/85

Merchandise

701 FURNITURE - HOUSEHOLD GOODS

DOUBLE BED w/frame. 19" color TV, couch w/matching love seat. After 5. 813-675-1441. 701, 8/20/85

SINGLED KING BED. Lette more. 305-996-4500 or 305-793-3390. Harry Davis. 701, 8/20/85

702 APPLIANCES

REFRIGERATOR. 17 cu. ft., excellent condition. \$85. Orlando. 813-673-1304. 702, 8/20/85

705 BOATS, MOTORS, TRAILERS

FOR SALE. 18 ft. Tupper Torino boat, 115 hp Evinrude, power trim, runs good. 924-5026. 705, 6/13/85

15-FT MONARCH Bassboat. 35HP Evinrude, trolling motor. Galvanized trailer. \$2,000. 305-994-5120. 705, 8/20/85

16-FT MITCHELL fiberglass, center console boat with trailer. 55HP Evinrude. \$1700 or best offer. 813-983-9166 days. After 5:30 813-983-5220. 705, 9/1/85

1985 115HP Yamaha outboard, oil injection. Must sell. Best offer. 813-983-9621. 705, 8/20/85

706 TOOLS & MACHINERY

NEW pressure Cleaners. Lowest prices around North Ft. Myers. 813-456-6121. 706, 9/1/85

Readings by MRS. MITCHELL

Private and Confidential Spiritual and Card reading. For Further Information Call 813-763-9892 DEERBORN, FLORIDA. 1401, 7/24/85

905 RV, CAMPERS FOR SALE

1983 HONDA ATC 110. 813-983-2617 or 305-996-2755. 904, 8/21/85

904 MOTORCYCLES FOR SALE

1983 HONDA ATC 110. 813-983-2617 or 305-996-2755. 904, 8/21/85

Yard Sales

GOING OUT OF BUSINESS SALE 25 to 75% OFF

Clothes, Etc. 104 W. Ventura Ave. Clewiston. CLASSIFIEDS turn unwanted items into cash! 905, 8/20/85

801 CLEWISTON

YARD SALE Saturday, Aug. 31, 629 W. Arzac. 8 a.m. - 5 p.m. 804, 8/20/85

804 BELLE GLADE

YARD SALE. 941 N.E. 26th Street. Sat. & Sun. 8 a.m. - dusk. 804, 9/4/85

MOVING SALE. Upright piano, bedroom suite, washer, dryer, refrigerator, furniture, more. 305-996-0933 evenings. 804, 9/1/85

THURSDAY. FRIDAY Furniture, appliances, flower arrangements, etc. 1717 N.E. Ave. K. Airport Road. 804, 8/20/85

MOVING SALE. Furniture, lawnmowers, appliances. 1715 grand-father clock, antique, lots more. Can see 140 S.E. 7th St. North or call 305-996-6450. 804, 8/20/85

Motor Vehicle Sale

901 AUTOS FOR SALE

1982 EXP. 500 cc. van, take over payments of \$153.00 per month. No down. Perfect for Christmas gifts. 305-996-6450. 901, 8/14/85

FOR SALE. 5 HP electric irrigation pump, antique sewing machine, baby dresser, electric golf cart, dryer, large stridgion cooler, 10-ft. freezer, 18 cu. ft. commercial first free freezer. Call after 2 p.m. Saturday 813-983-6934. 901, 8/20/85

CAR'S TRANSPORTATION Service. run's good, your choice \$1,000 each. 1978 Chrysler Cordoba. 2-Dr. 1978 LTD 4-Dr. 1973 Buick Electra 225 4-Dr. H. top. 1977 Ford LTD 2-Dr. 1974 Pontiac Granade. Call 813-983-8271. 901, 8/20/85

1978 GRANADA. 2 door, A/C, good condition. 813-673-9621 after 6 p.m. 901, 9/1/85

902 TRUCKS FOR SALE

TRUCKS 4-SALE. \$3,000 - 1979 4 & 4 DOODGE. \$1,500 - 1974 Ford Duster 4 x 4. \$3,000 - 1979 G.M.C. (Dodge). \$1,500 - 1962 G.M.C. (Dodge). \$7,000 - 1983 G.M.C. 515. Blue (like new low mileage). 902, 8/20/85

1401 CLEWISTON

SUGARLAND MOBILE Home Park on W.C. Owen Avenue has a very clean and nicely furnished mobile home for rent for \$40 per month. 1401, 7/24/85

FOR RENT - 2 Bedroom apt. on A/C

FOR RENT - 2 Bedroom apt. on A/C, fully carpeted, utility room, north side of town. Adults only - no pets. Call 813-983-8889. 1401, 7/24/85

ONE BEDROOM furnished apartment

ONE BEDROOM furnished apartment. Adults only. 813-983-9542 after 5:30 p.m. 1401, 7/24/85

House for Rent. Northside of town

House for Rent. Northside of town. carpeted. Kitchen furnished. Call after 6 p.m. 813-983-7537. 1401, 8/20/85

LARGE OFFICE space for rent. 113 Bond St. 813-983-7911 or 813-983-7298. 1401, 8/14/85

2 BR. HOUSE for rent. 813-983-8898. 1401, 8/21/85

2 BR. 1 1/

Blue cross blue shield to cut rates next month

TALLAHASSEE - Insurance Commissioner Bill Gunter has approved a rate reduction for Blue Cross and Blue Shield of Florida which will cut premiums up to 17 percent for more than 250,000 Medicare supplement policyholders beginning next month.

"This rate reduction is amazing news for Florida's senior citizens," Gunter said. "It means a savings of \$13.6 million for Medigap policyholders. And after years of

spiraling medical costs, it must be considered an historic event when a company lowers its rates. I hope it is a sign of things to come in all lines of health insurance."

This is the company's first rate reduction for Medicare

supplement policies since 1969. Rates were not increased for these policies this past year, and company officials said if current trends continue, they do not expect a rate increase before the end of 1986.

"We are excited that the trend of annual rate increases has been halted," said Bob Cunningham, vice president of direct marketing for Blue Cross/Blue Shield of Florida. "If there are no major changes in the Medicare program beyond what we anticipate and health care

cost trends remain stable, we expect to hold to these reduced rates through the end of 1988."

Medical costs increased at a pace twice the rate of inflation in the late 1970s, Gunter said, and insurance premiums increased as a result. He said the establishment of the Florida Hospital Cost Containment Board in 1979 was an initial step in holding down medical costs by informing consumers about charges by hospitals in all areas of the state.

As a result of 1984

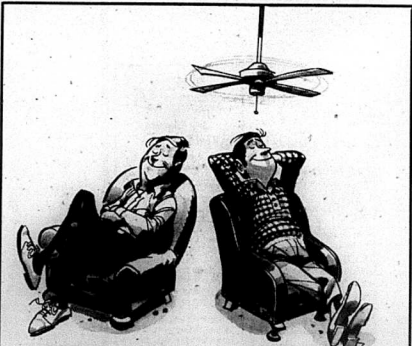
legislation the Hospital Cost Containment Board now reviews hospital budgets and can reject unwarranted price increases. Gunter said the Blue Cross Blue Shield rate decrease is in line with recent estimates that hospital costs will increase by only 1 percent in 1985, compared with 14.4 percent in 1984 and 19.2 percent in 1983.

"I attribute this good news to a combination of factors, including restrictions on the cost of Medicare claims, efforts by the

Florida Hospital Cost Containment Board to stabilize hospital budgets, increased competition and consumer awareness, and a slower overall inflation rate," Gunter said. "It is consumers, public officials, health care providers and the insurance industry continue working together to hold down medical costs, perhaps other companies will be able to lower rates like Blue Cross/Blue Shield has done today."

Policyholders will receive an information kit about the rate

decrease through the mail before the end of this month. The decrease takes effect September 1, 1985, and is based on the area of the state in which the policyholder lives. Policyholders in Southwest Florida, for example, will receive a 4 percent rate decrease, because medical expenses are higher in that area than the rest of the state. Rates for policyholders in the rest of the state will be cut 17 percent.



\$243 PER DAY WITH CENTRAL A/C.

\$146 PER DAY WITH CENTRAL A/C.

The man on the left has his thermostat set at a comfortable 72°. The man on the right, with the fan, has his thermostat set at 78°. And he's just as comfortable.

The choice is easy.

And choose from 24 more energy-smart ideas, Budget Billing, Time-of-Use Rates (lower rates in off-peak hours) and CashBack Conservation Incentives, too. Call 1-800-821-7700.



We're working hard at being the kind of power company you want.

Felony cases filed in Glades

Willie Lee Johnson, 715 Trl. Pk., Belle Glade; strongarm robbery.

George Lee Brown, 8 Everglades St., Belle Glade; burglary.

Jerry Lee Jones, 1108 W. Canal St., Belle Glade; burglary.

Michael A. Lawler, 245 Shive Dr., Pahokee; inciting or encouraging a riot, resisting arrest without violence, criminal mischief.

Derry Brown, 248 Holman Ct., Pahokee; battery on police officer, disorderly conduct.

Nathaniel Colbert III, 341 SW 10th St., Belle Glade; grand theft.

Natasha J. Dunlap, POB 121, South Bay; grand theft.

Charles E. Godfrey, 537 SW 9th St., Belle Glade; grand theft.

Anthony Eaddy, 411 Shirley Dr., Pahokee; aggravated battery.

Susan Carter, 849 SW Ave. E., Belle Glade; disorderly conduct, resisting arrest with violence, battery on police officer.

Algis Ervin, 170 NW 10th Ave., South Bay; aggravated battery (2 counts), battery on police officer.

Myrtle Lee Jones, 170 SW 7th Ave., South Bay; throwing or firing deadly missile, aggravated battery.

Francis M. Cancellieri, 609 El Prado 1, Belle Glade; dealing in stolen property (2 counts).

Andre T. Cooper, 312 Pope Ct., Pahokee; inciting or encouraging a riot.

Joseph Pace, GCI, Belle Glade; attempted escape.

Larry A. McCord, GCI, Belle Glade; attempted escape.

Mary E. Roundtree, 164 Adams Pl., Pahokee; shooting into occupied building, aggravated assault.

Karla Miles, Waldeas 4, Belle Glade; aid and conducting a lottery.

Willie B. McKinzie, 109 NW 10th St., Belle Glade; possession of marijuana (2 counts), intent to sell, introduction of contraband into state prison.

Ross L. Harvey, 186 Chamberlain Ct., Pahokee; aggravated battery, improper exhibition of a dangerous weapon, attempted aggravated battery.

Randolph Miller Jr., Oscola St. 95, Belle Glade; burglary.

Lavon Johnson, 941 SW Ave. E., Belle Glade; felony petit theft.

Robert M. Newsome, 611 43rd, West Palm Beach; grand theft.

Willie Ball, 20 Everglades St., Belle Glade; aggravated assault.

Dorothy M. Hardwick, 15 Roosevelt St., Belle Glade; aggravated assault (4 counts).

James C. West, Roosevelt St. 26, Belle Glade; possession of cocaine with intent to sell.

Brunda J. Edwards, 4 Roosevelt St., Belle Glade; aggravated battery.

Willie Wall, 405 Golden Pl., Pahokee; sexual battery.

Crime prevention meeting set

The Palm Beach County Crime Prevention Council will hold its second meeting Friday, September 6, at 9:30 a.m. The meeting will be held in the Training Room in the Criminal Justice Complex on 3228 Gun Club Road in West Palm Beach.

Several Palm Beach County officials will be making presentations along with Frank Messersmith of the Palm Beach County Legislative Delegation.

The Crime Prevention Council consists of County Commissioner Dorothy Wilken, Sheriff Richard Willes, Frank Messersmith of the Palm Beach County Legislative Delegation, and Circuit Court Judge John Wessel. It also includes representatives from the following: The County Public Defender's Office, State Attorney's Office, a police chief of the Chief of Police Association, and a Palm Beach County Crime Prevention Officer, a representative of the Victim Rights Coalition, School Board, and several representatives from local civic organizations.

DOG DAYS OF SUMMER

DRASTIC SAVINGS!

NOW thru Sept. 3

SALE CONTINUES

Financing Interest on most NEW Cars & Trucks

\$500..... UNDER INVOICE FOR THE FOLLOWING MODELS

Stock No.	Window Sticker	Invoice	Your Price
505 '85 Chevy 1/2 Ton Pick-Up	\$14,239	\$12,261	\$11,761
569 '85 Chevy Caprice	13,867	12,289	11,789
529 '85 Pontiac Parisienne	14,447	SOLD	12,336
P171N '84 Olds Delta 88 LS Sedan	18,414	15,157	14,657
P184N '84 Chevy Camaro Berlinetta	15,060	12,750	12,250
P112N '84 Olds Tornado	19,385	15,987	15,487

We'll Show You The FACTORY INVOICE!!

\$150..... UNDER INVOICE FOR THE FOLLOWING MODELS

Stock No.	Window Sticker	Invoice	Your Price
194 '84 K10 Chevy Pick-Up	\$14,841	\$12,592	\$12,442
520 '85 Chevy Citation	10,777	9,500	9,350
556 '85 Chevy Celebrity 4-dr	12,353	10,582	10,432
570 '85 Chevy Caprice	12,807	11,163	11,013
688 '85 Chevy Caprice	12,558	10,952	10,802
801 '85 Chevy Caprice	13,544	11,757	11,607
876 '85 Chevy Caprice	13,086	11,400	11,250
607 '85 Olds Delta 88 Royale	13,253	11,522	11,372
663 '85 Olds Delta 88 Royale	13,938	12,108	11,958
664 '85 Olds Firenza LX Sedan	11,116	9,909	9,759
760 '85 Olds 98 Regency Bro.	18,686	16,218	16,058
786 '85 Olds Custom Cruiser	14,438	12,547	12,397
788 '85 Olds Firenza LX Cruiser	11,738	10,447	10,297
868 '85 Olds Firenza Sedan	9,947	8,890	8,740
835 '85 Pontiac Bonneville LE	13,331	11,520	11,370
729 '85 Pontiac Bonneville Bro.	14,682	12,678	12,528
862 '85 Pontiac Grand Prix LE	12,327	11,523	11,373
917 '85 Pontiac Parisienne Wagon	14,749	12,753	12,603
918 '85 Pontiac Parisienne Sedan	12,279	SOLD	10,499
870 '85 Pontiac 6000 LE	12,403	10,731	10,581

881 '85 Pontiac Gran Prix LE	\$13,989	\$12,086	\$11,936
402 '85 Chevy H.D. 1/2 Ton Pick-Up	15,332	SOLD	12,479
783 '85 Chevy 1/2 Ton 4 x 4	13,288	11,322	11,172
805 '85 Chevy Full Size Blazer	17,506	14,996	14,846
817 '85 Chevy C10 LWB Pick-Up	13,947	11,489	11,339
842 '85 Chevy 1/2 Ton 4 x 4	12,483	10,437	10,287
843 '85 Chevy 1/2 Ton LWB Pick-Up	10,919	9,433	9,283

We'll Show You The FACTORY INVOICE!!

\$150..... OVER INVOICE FOR THE FOLLOWING MODELS

Stock No.	Window Sticker	Invoice	Your Price
800 '85 Chevy Camaro Z28	\$16,027	\$14,235	\$14,395
932 '85 Chevy Celebrity Cpe	12,035	10,441	10,591
956 '85 Chevy Spectrum 4 dr.	7,944	7,199	7,349
964 '85 Chevy Monte Carlo	12,289	10,451	10,601
965 '85 Chevy Monte Carlo	12,289	10,451	10,601
977 '85 Chevy Celebrity Eurosport	11,816	10,288	10,438
869 '85 Pontiac Trans Am	17,062	15,039	15,189
880 '85 Pontiac Trans Am	16,237	14,328	14,478
895 '85 Pontiac Grand/Am LE	12,606	11,143	11,293
937 '85 Pontiac Giero	11,441	10,330	10,480
960 '85 Pontiac Firenza	11,727	SOLD	10,559
762 '85 Olds Calais Cpe	11,673	10,400	10,550
775 '85 Olds 98 Regency Bro	18,631	16,171	16,321
796 '85 Olds Calais Supreme	17,288	SOLD	10,564
867 '85 Olds Cutlass Giera Bro	13,385	SOLD	12,157
877 '85 Olds Cutlass Giera Bro	10,730	SOLD	13,161
888 '85 Olds 98 Regency Bro	18,293	15,884	16,034
925 '85 Olds 98 Regency	17,575	15,262	15,412
926 '85 Olds Cutlass Supreme Cpe	12,752	11,081	11,231
930 '85 Olds Cutlass Supreme Bro	13,774	12,012	12,162
935 '85 Olds Cutlass Giera	11,797	10,262	10,412
935 '85 Olds Cutlass Giera	11,882	10,337	10,487
936 '85 Olds 98 Regency Bro	17,827	15,489	15,639
945 '85 Olds Calais Supreme	12,668	11,261	11,411
946 '85 Olds Cutlass Supreme 4 dr.	11,864	10,320	10,470
957 '85 Olds Cutlass Supreme 4 dr.	12,572	10,930	11,080
939 '85 Chevy 1/2 Ton Pick-Up	15,073	12,455	12,605
941 '85 Chevy 1/2 Ton SWB PU	10,990	9,336	9,486
942 '85 Chevy 1/2 Ton SWB PU	10,821	9,192	9,342

962 '85 Chevy Astro Cargo Van	\$10,269	\$8,269	\$9,019
970 '85 Chevy 1/2 Ton SWB PU	11,212	9,525	9,675
972 '85 Chevy Astro Cargo Van	12,736	11,051	11,201

We'll Show You The FACTORY INVOICE!!

Plus These Used Car SUPER SPECIALS

P204A '81 Chevy Corvette	\$10,481
790A '81 Olds Custom Cruiser Wagon	4,021
831 '81 Pontiac Gran Prix	3,000
482A '81 Olds Custom Wagon	2,939
741B '81 Ford Escort	2,444
P146B '82 Chevy P.U.	8,990
P147C '82 Chevy Monte Carlo	8,903
666A '82 Chevy Camaro	8,274
P204B '82 Plymouth Arrow P.U.	SOLD
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P216 '82 Datsun 210	3,016
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GLADES FOOD FAIRE

Hometown recipes from hometown folks

Pick your favorite recipe

Quick pizza casserole

Bill Doughty is the Managing Editor for six weekly papers including: The Clewiston News, The Belle Glade Herald, The Glades County Democrat, The Caloosa Belle, The Pahokee

Observer, and the Sunday Glades Trend. Doughty says with his hectic schedule, he can only prepare something quick and eat it on the run.

Ingredients

1 pound ground beef
1 (14 ounce) jar pizza sauce
2 cups shredded mozzarella cheese
1 package sliced pepperoni
¼ cup sliced green pepper (can adjust to

taste)
¾ cup biscuit mix
1½ cups milk
2 eggs

Cook ground beef in a skillet over medium heat until browned, stirring to crumble. Drain off pan drippings.

Spoon beef into an 8 inch square baking dish. Top with pizza sauce, pepperoni, green pep-

pers, and cheese.

Combine biscuit mix, milk, and eggs; beat until smooth. Pour mixture over casserole, covering evenly. Bake at 400° for 30-35 minutes. Yield 6 servings.



Bill Doughty

Fruit salad bar

This time of year a "fruit salad bar" is a colorful, irresistible addition to a buffet table. Arrange a variety of assorted fruits on separate platters and offer guests a choice of Breyers new, improved real fruit yogurt for dressing.

Still all 100 percent natural, the new, improved yogurt has more and bigger chunks of real fruit and a thick, satisfying texture...just right as part of a quick lunch and perfect as a fruit salad dressing. To serve as a dressing, just stir until the fruit is well blended.

- Dip cut bananas, peaches, apples, pears and nectarines in lemon juice to retard darkening. Other citrus juices, pineapple juices and the syrup from canned fruit may be substituted for lemon juice.

- Select citrus fruits and pineapple that feel heavy in relation to size; they will be juicy.
- Do not wash or hull strawberries until just before serving.

- Naval oranges are the easiest to use for slicing and sectioning.

- The leaves at the top of the pineapple pull off easily when the fruit is ripe.

- Soft fruits, such as berries, keep better if spread out on a flat surface—such as a tray—in the refrigerator.



Since 1908, my family has been in the chicken business and, like everyone, we eat lots of chicken. Not only is chicken nutritious, low in calories and inexpensive, but there are so many ways to prepare our tasty yellow birds.

One of my family's favorites, especially when the weather gets warmer, is my Barbecue Chick-Au-Vin. The tangy zest of my special sauce will sure be a hit around your house this season.

Cathi's Barbecue Chick-Au-Vin

6 pounds of your favorite Cookin' Good chicken or roaster parts.

¼ cup lemon or lime juice
¼ cup white wine
¼ cup Teriyaki sauce
½ cup oil
2 cloves garlic
1 small onion, minced
½ teaspoon pepper
1 teaspoon poultry seasoning

Combine all ingredients except chicken in a large container. Place chicken in marinade mixture and marinate at least 4 hours (preferably overnight).

Place parts on a prepared charcoal grill or over a medium gas grill. Grill about 35-40 minutes, basting often with marinade and turning every 5 minutes.

Smaller parts such as the wings and legs will cook faster and may be placed to the outside of the grill to avoid overcooking.

Chicken is done when the meat is tender and pulls away from the bone. Serves 6-8.

MICROWAVE TIP: Chicken may be precooked in the microwave 10 minutes, reducing grill time to 15-20 minutes.

For other Cookin' Good recipe favorites, please send a stamped, self-addressed envelope to me:

Cathi
Cookin' Good
P.O. Box 21630-A
Ft. Lauderdale, FL 33335

Myths about nutrition

Old beliefs die hard, especially when it comes to eating.

Over the years many people have accumulated myths about food and eating habits from their families, from what they read or from their own experiences. The American Heart Association's Food Festival, being held this week, has been designed to bring nutritional information to the public.

Here are some popular myths about food and the facts about each:

1. MYTH: It is impossible to lose weight if you travel or eat out frequently.

FACT: Meal options approved by the American Heart Association can be found in some restaurants, hotels and even airplanes. To reduce portion size, choose appetizers as the main course, order a la carte or share food with a companion. Order dressings and sauces on the side. Look for terms on the menu that signify low-fat preparation, such as steamed, poached and broiled. Avoid foods that are buttery, buttered, fried, creamed, "in its own gravy" or in hollandaise or cream sauce. Ask for low-fat and non-fat dairy products and margarine instead of butter. Trim visible fat from meat and remove skin from poultry.

2. MYTH: Overweight individuals eat more because they are hungrier.

FACT: People who are overweight begin with the same appetite as those who are not overweight. Overeating may come from a genetic hormone disorder, but most overweight individuals eat out of habit or psychological need.

3. MYTH: Carbohydrates should be avoided, especially if you are trying to lose weight because they are high in calories.

FACT: Not all foods high in carbohydrates are high in calories. Complex carbohydrates, found in vegetables, beans, cereals and some fruits, contain essential nutrients with the calories. Simple carbohydrates found in refined sugars contain primarily calories, no nutrients.

4. MYTH: Nondairy creamers are better for your health than cream.

FACT: Although the American Heart Association recommends using low-fat and non-fat foods rather than whole dairy products, beware of most imitation dairy products, including nondairy creamer. Many of these contain coconut oil, a highly saturated fat, as a substitute for butterfat.

5. MYTH: All vegetable oils and shortening are high in polyunsaturates.

FACT: Not all vegetable oils are unsaturated. Certain vegetable oils, such as palm and coconut oil are high in saturated fats. You will find these primarily in commercially baked goods such as cookies and candies.

6. MYTH: Children can eat what they want because they are unaffected by the dangers of atherosclerosis.

FACT: Dietary changes begun in childhood and maintained for a lifetime may reduce the risk of heart disease, since atherosclerosis (a build-up of cholesterol and other fats in the arteries) often begins in youth and progresses through young adulthood. It also seems that minimal or "early" atherosclerosis, expected in younger patients, may be more likely to regress than advanced disease would. The American Heart Association recommends a

prudent modification of diet in healthy children over the age of two years through adolescence and into their adult-life.

For more information on eating away from home, other nutrition subjects, contact your local Heart Association office—655-8155 (Greater West Palm Beach area), 394-0170 (South County), or 298-1966 (Martin County).

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**PRICES GOOD THURSDAY AUGUST 29
THRU SATURDAY AUGUST 31, 1985**

<p>MR. BIG PAPER TOWELS 99c 3-PAK WITH ONE FILLED SUPER BONUS CERTIFICATE</p>	<p>MR. BIG BATHROOM TISSUE 99c 6-PAK WITH ONE FILLED SUPER BONUS CERTIFICATE</p>	<p>PALMOLIVE DISH LIQUID 39c 22-OZ. WITH ONE FILLED SUPER BONUS CERTIFICATE</p>	<p>BOLD DETERGENT (WITH FREE 15-OZ. BAYO) \$1.59 42-OZ. WITH ONE FILLED SUPER BONUS CERTIFICATE</p>
<p>MOTT'S APPLE JUICE REGULAR OR NATURAL 99c 64-OZ. WITH ONE FILLED SUPER BONUS CERTIFICATE</p>	<p>PEPSI, DIET PEPSI, PEPSI LIGHT, PEPSI FREE, DIET PEPSI FREE OR MOUNTAIN DEW \$1.19 6-PAK 12-OZ. CANS WITH ONE FILLED SUPER BONUS CERTIFICATE</p>	<p>WISE POTATO CHIPS PLAIN OR RIDGIES 39c 6 1/2-OZ. PKG. WITH ONE FILLED SUPER BONUS CERTIFICATE</p>	<p>MAXWELL HOUSE MASTERBLEND COFFEE REGULAR, A.E.C. OR DECAF \$1.69 13-OZ. BAG WITH ONE FILLED SUPER BONUS CERTIFICATE</p>

BELLE GLADE
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<p>PINKY PIG BRAND LEAN & MEATY PORK SPARE RIBS \$1.39 LB. (10-LB. BOX \$12.99) SPECIAL TRIM! FRESH RIB HALF PORK LOIN \$1.39 LB. (LOIN HALF PORK LOIN LB. 1.49) Sliced FREE! BEEF LOIN TOP LOIN STRIP STEAKS BONELESS \$4.99 LB. WD BRAND BEEF PATTIES 3-LB. BOX \$2.99 WD FRESH WHOLE FAYERS LB. 69c (CUT UP LB. 79)</p>	<p>COORS BEER REGULAR OR LIGHT \$2.19 6-PAK/12-OZ. CANS LIMIT 1 WITH A \$7 ORDER OR MORE EXCLUDING CIGARETTES AND SPECIALS</p>	<p>RUFFLES POTATO CHIPS REGULAR, A.C. CREAM & SOUR CREAM OR CHEDDAR & SOUR CREAM 99c EACH</p>	<p>DEEP SOUTH MAYONNAISE 99c 32-OZ. BOTTLE LIMIT 1 WITH A \$7 ORDER OR MORE EXCLUDING CIGARETTES AND SPECIALS</p>
<p>100-CT. Lilac Plates...99c CASE OF 24/12-CT. CANS ALL FLAVORS Coke Drinks...3.99 LIMIT 1 WITH A \$7 ORDER OR MORE EXCLUDING CIGARETTES AND SPECIALS</p>	<p>64-OZ. ABRON HEAVY DUTY LIQUID Detergent...1.99 1-LB. BAG ASTOR REGULAR, ELECTRIC OR A.O.C. Coffee...1.79 LIMIT 1 WITH A \$7 ORDER OR MORE EXCLUDING CIGARETTES AND SPECIALS</p>	<p>48-OZ. DEEP SOUTH FRESH PACK Kosher Dills...99c 6 1/2-OZ. BUMBLE BEE SOLID WHITE IN WATER OR OIL Tuna...1.09 LIMIT 1 WITH A \$7 ORDER OR MORE EXCLUDING CIGARETTES AND SPECIALS</p>	<p>4.5-OZ. BEECH-NUT ALL FLAVORS (EXCLUDING MEATS & TROPICAL FRUITS) STRAINED Baby Food...51.00 HUGGIES CONVENIENT SIZE 96-CT. NEW 48-CT. MEDIUM EXTRA ABSORBENT 48-CT. MEDIUM OR 33-CT. LARGE Diapers...8.69</p>
<p>LILAC SOAP POWDER 99c 42-OZ.</p>	<p>TETLEY FAMILY TEA BAGS 99c 24-CT.</p>	<p>OLD MILWAUKEE BEER REGULAR OR LIGHT \$6.99 CASE OF 24/12-CT. CANS YOUR NET COST WITH MANUFACTURER'S MERCH. *REBATE OFFER PAID AVAILABLE AT ALL STORES</p>	<p>FRESH MADE PARTY PLATTERS (WILL SERVE 18 TO 20 PEOPLE. OTHER SIZES AVAILABLE) Medium Entertainer...24.99 Medium Gourmet Variety...32.99 Medium Gourmet Cheese...22.99 Medium Shrimp Platter...27.99</p>
<p>10-LB. VENTURE BAG HARVEST FRESH Potatoes...1.19 1/2-GALLON SUNKIST Orange Juice...1.79 HARVEST FRESH SWEET OR UNSELECTED Roasted Peanuts...3.99</p>	<p>3-LB. KRAFT Velveta...3.99 16-OZ. (IN 2 1/2-OZ. CUPS) KRAFT Soft Parakey...1.19 32-OZ. SEARS Onion Dip....79 32-OZ. SUPERBAND Sour Cream...1.69</p>	<p>8-OZ. GREEN GARDEN FRENCH ONION, BACON & HORSERADISH, CHIVE OR CLAM Dip...3/1.09 16-OZ. SUPERBAND Sour Cream...1.39 8-OZ. SUPERBAND ALL FLAVORS ALL NATURAL OR SWISS STYLE Yogurt...3/1.00</p>	<p>DELICIOUS! LEAN BOILED HAM \$2.19 LB. DELI ITEMS AVAILABLE MARKED WITH *</p>

2 for 1 FILM SPECIAL
Just in Time for Labor Day
2nd Set of Color Prints Free!
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Bring in your color film for developing and printing at the regular price between Saturday, August 31, 1985 and Wednesday, September 4, 1985 and GET A SECOND SET OF PRINTS FREE!
*Kodacolor, Fuji, 3M or Dycolor color print film
*110, 126, or 135 film sizes
*Slide borders prints
*Prints are dated

<p>PRESTIGE ICE CREAM ALL FLAVORS \$2.59 HALF GALLON</p>	<p>STEAK-UMM SANDWICH STEAKS SAVE 1.00 \$1.99 14-OZ.</p>	<p>SUPERBRAND COTTAGE CHEESE REGULAR OR 1% FAT \$1.69 2-LBS.</p>
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Frequent Buyers can save as much as 25% on any goods or services sold at Firestone Auto Center. Redeem your filled Super Bonus Certificate for \$1.00 off. (Example: A \$49.95 Firestone battery costs only \$37.95 with 12 filled Certificates. That's a 25% discount!)

Firestone
AUTO CENTERS

Winn Dixie's Frequent Buyers get \$1.00 for each filled Super Bonus Certificate redeemed at Lindsley Home Care Centers! Redeem your filled Certificates at any Lindsley Home Care Center and get \$1.00 off your purchases. Sale items excluded. No change will be returned on orders under \$1.00. We reserve the right to limit the number redeemed per transaction.

Lindsley
HOME CARE CENTERS

Each filled Super Bonus Certificate is worth \$1.00 off your next purchase of \$2 or more at your local Bojangles® Restaurant. Example: If your order comes to \$2.50 you pay only \$1.50. If you have an order of \$6.00, present 3 filled Certificates and pay only \$3.00! Offer good at participating Bojangles® Restaurants. Not good with any other coupon offer. Not redeemable for cash.

Bojangles

Frequent Buyers will get \$1.20 off any regular adult admission at Miami Seaquarium with each filled Super Bonus Certificate at the box office. No limit to the number of adult admissions that may be purchased with filled Certificates. Please, only one Certificate per admission. Not valid with any other special discount offer. Offer expires February 28, 1986.

MIAMI
SEAQUARIUM

Redeem your filled Super Bonus Certificates at Peaches and get \$1.00 off any album, cassette, or compact disc. (Buy 2 albums and get \$2.00 off with 2 filled Certificates.) Certificates not applicable on advertised sale items or with any other coupons or special offers.

Peaches
A lot of music. A lot of store.

Just bring in a completed Winn Dixie Super Bonus Certificate and Eckerd will give you a dollar off any \$5 purchase or more throughout the store (excluding tobacco and alcoholic beverages). Limit one Super Bonus Certificate per transaction, please.

ECKERD
AMERICA'S FAMILY DRUG STORE

Frequent Buyers get up to \$1.50 for each Super Bonus Certificate at Fabulous Flagler Greyhound Race Track! Certificates are good for \$1.50 off Clubhouse admission or a Grandstand admission and a free racing program. Limit one filled certificate per offer. Not valid with any other coupon discount offer.

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GREYHOUND TRACK
Home of the Winning Stripes

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\$10

UP TO

YOU
CAN
SAVE

\$1.50

UP TO

Save \$1.00 off any sandwich, regular fries and choice of beverage with one filled Super Bonus Certificate at any Arby's® Roast Beef Restaurant. Limit one filled Certificate per combination order. (2 filled Certificates gives you \$2 off 2 combination orders, etc.) Valid at participating Arby's® Roast Beef Restaurants. Not valid with any other discount offers.

Arby's

The Miami Metrozoo will give Frequent Buyers \$1.00 off each adult or child's ticket up to a total of 6 tickets when you redeem one filled Super Bonus Certificate (that's a \$6.00 savings!). Not valid with any other group or discount offer. Please present filled Certificate when purchasing tickets.

METRO
ZOO
MIAMI

Save \$1.00 or more 3 ways with filled Super Bonus Certificates!

1. Get \$1.00 off any menu item with one filled Certificate. Or 2. Get \$1.48 off complete 1/2 Chicken Dinner. Only \$3.29 with one filled Certificate. (Good after 4 P.M.) Or 3. Get \$1.29 off Passport Breakfast. Only \$2.59 with one filled Certificate. (Good anytime) Offer good 7 days a week at participating L.H.O.P. Restaurants. Limit one filled Certificate per table. Not valid with any other special offer. Minimum guest check must total \$3.50 or more unless Certificate is used for 1/2 Chicken Dinner or Passport Breakfast.

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Bring your filled Super Bonus Certificate to Six Flags Atlantis' Main Gate and save \$10 on a 1986 Season Pass! Enjoy the rest of the 1986 season as well. Offer good through March 1, 1986. Limit six \$10 Season Pass discounts per certificate. Bring your filled Super Bonus Certificate to Six Flags Atlantis' Main Gate and save \$3 on a one day admission. Offer good through January 5, 1986. Limit six \$3 admission discounts per Certificate. Certificates not valid with any other discount offer.

SIX FLAGS
Atlantis

Frequent Buyers save \$1.50 with filled Super Bonus Certificates on Dryclean-U.S.A. cleaning orders! Present your filled Frequent Buyer Super Bonus Certificates at participating Dryclean-U.S.A. locations and save \$1.50 off your next drycleaning order.

Coupon must be presented with incoming order of \$5.00 or more. Not valid with other coupons or specials. One per order.

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SAVE

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UP TO

YOU
CAN
SAVE

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YOU
CAN
SAVE

\$1

YOU
CAN
SAVE

\$25

Winn Dixie's Frequent Buyers get \$2 for each filled Super Bonus Certificate at Favya Shoes!

Frequent Buyers will get \$2 off any \$10 purchase or more at any participating Favya Shoe Store. Limit one Certificate per purchase. Not valid with any other coupon offer.

favya
Walk a little smarter.™

Winn Dixie's Frequent Buyers get \$5.00 for each filled Super Bonus Certificate redeemed at Pearle Vision Centers! Save up to \$10.00 when you redeem 2 filled Certificates on a complete pair of eyeglasses or contact lenses. Offer good at any south Florida Pearle Vision Center. Limit 2 filled Certificates per purchase. Not valid with any other discount. Must be presented at time of purchase.

PEARLE
vision center

Nobody Cares For Your Eyes More Than Pearle.

Frequent Buyers get up to \$5 for each filled Super Bonus Certificate at the Hair Cuttury!

Get \$1.00 off for a filled Certificate on a shampoo, cut and styled blow dry. Get \$2.00 off for a filled Certificate on any hair coloring. Get \$5.00 off for a filled Certificate on any perm. Limit one filled Certificate per offer. Valid at participating Hair Cuttury locations. Cannot be used in conjunction with any other coupon offer. No appointments, just walk in.

HAIR
cuttury
The Family Haircutters

Frequent Buyers get up to \$1.50 for each filled Super Bonus Certificate redeemed at Planet Ocean! Explore Planet Ocean over 100 exhibits and 9 multi-media panoramic theaters. Limit one filled Certificate per person for \$1.50 off regular adult rate or 75% off regular children's rate. Not to be used with any other discounts.

PLANET
OCEAN

Frequent Buyers save \$1.00 on every adult ticket with each filled Super Bonus Certificate at your Wometco Theatre! Serving you since 1925.

Here's another reason why Winn Dixie's Frequent Buyers should enjoy their favorite movie at any Wometco neighborhood theatre. Limit one filled Certificate with each adult ticket. Not valid for special engagements, early bird or discounted tickets.

WOMETCO
THEATRES

Frequent Buyers will get \$1.00 for each filled Super Bonus Certificate redeemed on Eastern airfare!

Redeem 25 filled Certificates and Eastern Air Lines will give you a voucher good for \$25 off any published Eastern fare*. Get details at Winn Dixie or at any Eastern ticket counter. Limit one \$25 voucher per round trip ticket. *Minimum ticket purchase \$200.00

EASTERN
We earn our wings every day

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DOUBLE

Friday—Saturday—Sunday**Double Vendor
Coupons**

COUPONS

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<p>Heavy Western Boneless New York STRIP STEAKS</p>  <p>2⁷⁹</p>	<p>Heavy Western Whole Boneless STRIPS \$2⁴⁹ Lb. <small>12 to 14 Lb. Avg. Cut & Wrapped Free</small></p> <p>Premium Grade Split 49¢ Lb. BROILERS <small>With Backs</small></p>	<p>Pork RIBLETS 79¢ Lb.</p> <p>Boston Butt Pork ROAST \$1¹⁹ Lb.</p> 	<p>Premium Grade Whole Bag FRYERS</p>  <p>49¢ Lb. <small>Limit 2 Bags</small></p>		
<p>Country Style Pork SPARE RIBS \$1²⁹ Lb.</p>	<p>Lykes Regular BOLOGNA \$1²⁹ Lb.</p>	<p>Sunnyland Cooked HAM \$1⁹⁹ 10 Oz.</p>	<p>Oscar Mayer VARIETY PACK \$1⁴⁹ 12 Oz. <small>Regular and Beef</small></p>	<p>Pork NECKBONES 29¢ Lb. 3 Lbs. or More</p>	
<p>Lykes Regular WEINERS 99¢ 12 Oz.</p> 	<p>Sunnyland Sliced BACON \$1³⁹ 12 Oz.</p>	<p>Eckrich Regular SAUSAGE or KIELBASA \$1⁸⁹ Lb.</p>	<p>Sunnyland Center Cut Smoked PORK CHOPS \$2¹⁹ Lb.</p>	<p>Pork CHITTLINGS \$4⁹⁹ 10 Lb. Pail</p>	
<p>Old Milwaukee BEER <small>Suitcase</small> \$6⁹⁹ 24/12 Oz. Cans</p>	<p>Wesson OIL <small>45¢ Off Label</small> \$3²⁹ 64 Oz.</p> 	<p>Peter Pan Peanut BUTTER <small>Creamy or Crunchy</small> \$1⁴⁹ 18 Oz.</p>	<p>Van Camp PORK & BEANS 3/\$1⁰⁰ 16 Oz.</p>	<p>Chicken of The Sea CHUNK LIGHT TUNA 59¢ 6 1/2 Oz. <small>In Oil or Water</small></p>	<p>DETERGENT Wisk LIQUID \$2⁹⁹ 64 Oz.</p>

Hunts Snack Pack PUDDING	4 Pk.	99¢
Heinz Ketchup	32 Oz.	\$1¹⁹
Old Classic Coke or CHERRY COKE	12 6 Oz. Cans	\$1⁶⁹
Brawny Paper TOWELS	Big Roll	59¢
Northern Bathroom TISSUE	4 Roll Pk.	\$1¹⁹
Armour Vienna SAUSAGE	9 1/2 Oz.	99¢
Shurfresh Hot Dog or Hamburger BUNS	2 8 Pk. 10 Oz.	89¢
Plaza Saltine CRACKERS	2 1 Lb. Box	\$1⁰⁰
Triger WINDEX	22 Oz.	\$1³⁹
Marcal Paper NAPKINS	360 Ct.	\$1³⁹

FROZEN FOODS

Banquet Fried CHICKEN	32 Oz.	\$3⁶⁹
Birdseye CORN ON THE COB	4 Ear Pk.	\$1⁴⁹
Farmers Select Crinkle Cut POTATOES	5 Lb.	\$1⁷⁹

SPECIAL SAVINGS

Ivory Dishwashing LIQUID  \$1⁵⁹ 32 Oz.	Shurfine Whole Kernel CORN 3/\$1⁰⁰ 16 Oz.
Shurfine Cream CORN 3/\$1⁰⁰ 16 Oz.	Shurfine Cut GREEN BEANS 3/\$1⁰⁰ 16 Oz.
Shurfine Sliced BEETS 3/\$1⁰⁰ 16 Oz.	Shurfine Sliced CARROTS 3/\$1⁰⁰ 16 Oz.

Shurfine 100% Pure ORANGE JUICE	12 Oz.	\$1⁰⁹
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DAIRY

Shurfresh American CHEESE SINGLES	12 Oz.	\$1⁴⁹
Mericco Butter-Me-Nut BISCUITS	2 9 1/2 Oz.	99¢
Tropicana ORANGE JUICE	64 Oz.	\$1⁷⁹
Breakstone Ricotta CHEESE	16 Oz.	\$1⁵⁹

PRODUCE

U.S. #1 WHITE POTATOES	10 Lb. Bag	1²⁹
Golden Ripe BANANAS	Lb.	25¢
Sweet Thompson Seedless GRAPES	Lb.	69¢
Juicy Bartlett PEARS	Lb.	69¢
Vine Ripe TOMATOES	Lb.	59¢
Crisp Bell PEPPERS	5	99¢

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Make sure your canned foods are safe to eat

Now that you're using those homegrown vegetables that you canned so carefully last season, you'll want to continue to follow precautionary measures to prevent their contamination by bacteria. Before you even taste a canned vegetable — or home-canned meats or poultry — boil them carefully, advises Arlen Jones, Palm Beach County Extension Home Economist. Bring them to a rolling, seething boil, then cover the pan and continue boiling 10 minutes before testing.

Also examine and smell canned foods for spoilage. Never taste or eat canned foods taken from jars or cans that show damage such as cracks or loose or bulging lids. Never taste foods from cans that spurted liquid when opened or that give off abnormal odors. Heating food generally makes any spoilage more evident. If, during heating, any food appears spoiled or has an off odor, dispose of it out of reach of humans, pets or livestock. That's the safest way, says Jones.

Each year more than two million people in the United States suffer ill effects from food-borne bacteria. Fortunately relatively few people in this country are exposed to the most deadly foodborne disease we know about — botulism — which results from toxin produced by bacteria called *Clostridium botulinum*.

Once called "salsage poisoning" in Germany, botulism is dangerous. In the U.S., in this century, for every 100 persons found to have ingested the botulism toxin, 56 died.

Since 1925, about 700 Americans have died as a result of eating botulism contaminated foods canned or otherwise processed at home. By contrast, fewer than a dozen botulism deaths have implicated foods

processed by commercial manufacturers during that same period.

Most botulism poisoning in this country has been associated with improperly processed home-canned, low-acid foods such as vegetables and meats, adds Jones. There have been exceptions to the canning problem, such as when raw fish or raw meat was improperly salted or otherwise inadequately preserved or handled.

Under the microscope, botulism bacteria appear as rod-shaped, micro-organisms. In their inactive state, the bacteria are spores — dormant but highly resistant to either heat or cold extremes. The spores are widely found in both cultivated and forest soils, in sediments of lakes, streams and coastal waters such as bays, in the intestinal tracts of fish and mammals, including humans, and in the gills and viscera of crabs and other shellfish.

Botulism spores do not produce poison until they germinate — become active or vegetative — divide and multiply. Spores apparently do not germinate or build toxin in the adult human intestinal tract. Many are presumed destroyed in adults during routine food digestion.

Oxygen prevents botulism cells from growing, and sometimes it kills cells. But just under the surface of foods exposed to oxygen, anaerobic or oxygen-free conditions may exist, and when temperatures there are favorable, the cells can vegetate and produce their poison. Anaerobic conditions are also found inside jars or cans, in vacuum packages or under a layer of grease.

After a person eats botulism toxin, botulism symptoms may occur within a few hours or as long as six or eight days later. Severity of illness may

vary with the amount of food eaten. People reportedly have died after eating only a piece of bean pod or asparagus. Human susceptibility to the toxin varies.

Early signs of botulism may be nausea, blurred vision, vomiting, abdominal cramps and diarrhea. Other symptoms include fatigue, weakness and dizziness. The toxin paralyzes muscles by blocking certain nerve junctions. Paralysis usually starts with the eyes and face, then moves down to the throat, chest, arms and legs. If enough poison gets into the blood, the diaphragm and chest become paralyzed and the whole system suffocates unless proper medical treatment has begun.

Prompt administration of what is called "trivalent (ABE)" botulinum antitoxin may halt the poisoning. The antitoxin is widely available through the U.S. Public Health Service.

Food poisoning caused by other bacteria such as *staphylococcus aureus* or *salmonella* — the generic term for about 1,600 related types of bacteria — sometimes is confused with botulism. But botulism generally is distinguished from them by its effects on the nervous system. Botulism toxin usually shows up in a patient's blood sample, providing the most effective means of diagnosis.

Preventing botulism in home canning is based on a few basic rules. First, remember that botulism spores — which survive even boiling — can't germinate in high-acid canned foods such as sauerkraut or fruit juices, highly salted items, such as certain hams, or sugary foods such as jams or jelly. "However," Jones said, "this is not the case for low-acid foods such as green beans, corn, spinach, or asparagus in which the

botulism spores must be destroyed using a steam-pressure canner with at least ten pounds of pressure — 240 degrees F. — for an appropriate time. No other way is safe."

Instructions on "appropriate time" needed for pressure canning, which varies with different foods — generally come with new canning equipment bought at stores, but they also may be obtained from the Palm Beach County Extension Office.

Foods low in acid, hence botulism susceptible, in addition to the above-mentioned include meats, poultry, fish and all vegetables other than tomatoes. Properly fermented or pickled foods usually contain enough acid to prevent the growth of the botulinum bacteria.

Meanwhile, fresh foods, whether eaten raw or cooked, have never been implicated in an outbreak of botulism, even though they may have carried bacteria. It's only when botulism spores are contained in low-acid foods with no oxygen and stored above refrigerator temperatures that they grow and produce their deadly toxin.



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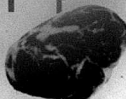
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